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Golden Wellness: Redefining Retirement and Rehabilitation Fitness
A Seattle-based Company is Changing the Face of “Fit”

SEATTLE, WASHINGTON— “This is the first time that I’ve been able to do all the exercises that my doctor prescribed,” Mike, a 56 year-old male diagnosed with Multiple Sclerosis, said after trying the newest wide-range mobility fitness machine.

Mary used to workout daily. She loved being active and doing anything she could to keep her body fit and healthy. At the age of 70, with her sense of balance declining, Mary moved into a retirement home. The lack of equipment, personnel, and compact space in her new environment made her once daily workouts impossible.

Lack of mobility, aging muscles, and inefficient equipment hinder the chances of the elderly and the disabled engaging in an effective exercise regimen. Consequently, these individuals experience a deterioration of their quality of life on both a physical and an emotional level. Without exercising their bodies regularly, their abilities to perform daily activities such as walking, standing, and cleaning greatly diminish.

Leo Novsky, a skilled personal trainer has worked for years with the elderly, the disabled, and other clients in need of rehabilitation. After more than a decade of watching his clients suffer, Leo committed himself to helping them change their lives. He developed Golden Wellness Inc., a company focusing its efforts on offering comprehensive, cost-effective and skill-appropriate wellness products and services to the retirement and rehabilitation industry.

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Golden Wellness' innovative introductory product, The Fitness Arch, provides a low-intensity, total body workout that adjusts to different fitness levels. The lightweight, compact piece of equipment is designed to provide users with physical limitations a total-body workout to help improve strength, range of motion, and cardiovascular health. The Fitness Arch is the only machine of its kind able to accommodate any type of chair, rehabilitation ball, or wheelchair.

Rachel, a fitness trainer at a Washington-based retirement community has nothing but positive comments about the machine. "I like the fitness Arch because it is so compact and allows for easy access, and is easy to use."

"I love working out with the Fitness Arch," Mary said after her first work out. She now has the ability to perform a daily exercise routine without fear of falling or injury, keeping her body fit and improving her quality of life.

No matter where you live, what your range of motion currently is, or what your fitness goals are, Golden Wellness' innovative products and services can provide the fitness tools needed to improve your quality of life and the lives of those who are important to you.

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