



# Gulfport Multipurpose Senior Center

To Whom It May Concern,

The Gulfport Senior Center is very proud of its new Fitness Center which houses three treadmills, one recumbent cycle and six Shapemaster Easytone chairs. Each piece of exercise equipment is state-of-the art quality but it is the Easytone chairs that have drawn the most attention and that have made our Fitness Center so unique.

People who have not exercised in years are finding the chairs an easy way to regain strength and muscle tone. They simply sit and let the chairs move them or if they want to maximize the benefit - they may provide some measure of resistance. Each chair strengthens a particular part of the body. In twenty short minutes the thighs, legs, arms, chest, back, stomach - all get a good and gentle work out. The results are positive. Seniors are losing inches and pounds and gaining strength and confidence.

Not every senior can do Yoga, Aerobics, Pilates or treadmills but everyone can sit in a chair. This is not to suggest that the chairs are a benefit only to those with less agility. Even our Yoga instructor finds them helpful. The chairs make it possible for all seniors to participate and take a more active role in maintaining or improving their health.

Every day participants thank and praise staff for providing this unique fitness experience. It is with great conviction that I highly recommend the Easytone chairs to other facilities that provide fitness programs for seniors.

All are invited to visit our Fitness Center at the Gulfport Senior Center and see the Easytone chairs in action. Our seniors will speak for themselves on how much these machines are appreciated.

Sincerely,

Susan Frank.  
Senior Center Supervisor