

We wanted to provide you with some objective evidence of the success of the Shapemaster Powered Exercise machines:



Gulfport Multipurpose Senior Center



Gulfport Senior Centre bought 6 Easytone machines in May 2009.

They have collected information on the use of the machines, and carried out a survey amongst their members in October 2009. The results and comments are as follows:

FOUNDATION FITNESS CENTER JULY 2009 to June 2010

Shapemaster Machines

Treadmills & Bike

	Day's open	Used	Individuals	People per day	Used	Individuals	People per day
JULY	23	1008	155	44	575	23	25
AUG	21	1078	166	51	624	113	30
SEPT	21	1081	187	51	619	126	28
OCT	22	1386	216	63	891	151	40
NOV	19	1277	238	67	808	159	43
DEC	22	1459	254	66	924	190	42
JAN	20	1650	285	83	1010	200	51

October 2009 Survey—83 Respondents

Since I have been coming to the Fitness Center, I ...	Disagree	No Difference	Agree	SUCCESS!
1. Have a more positive outlook on life	0	10	69	✓
2. Feel more valued as a person	0	14	58	✓
3. Have found more opportunities to meet with other people	0	4	67	✓
4. Feel healthier and seek treatment from a Doctor less	0	27	56	✓
5. Find the Center's Shapemaster Trained Volunteers staff helpful and knowledgeable	0		81	✓
6. Learned new and more ways of looking after my health	0	16	53	✓
7. Have experienced improved blood pressure	0	37	43	✓
8. Have improved mobility	0	15	57	✓
9. Have lost 5 or more pounds in weight	2	58	20	✓

10. In general, how often do you come to the Fitness Center?

Every day	21
Two to 4 times per week	55
1 time per week	3



11. Please place a check mark against the Exercise Machines you use:

Treadmill	48
Recumbent Cycle	28
Easytone Chairs	83



12. How long do you exercise each session?

10 Minutes	2
20 Minutes	20
30 Minutes	25
1 Hour	23
More Than 1 Hour	7



13. Were you hospitalized in the year prior to coming to the Fitness Center due to an injury relating to a fall or loss of balance?

YES – 5 people

NO

If YES, has joining the Fitness Center made a difference and in what way (*Please be specific*):

- ***F. broke her shoulder and could not lift her arm up, and now since using the Shapemaster chairs can raise her arm up It has strengthened my back***
- ***Able to do things better – feel stronger and more mobile***
- ***Was in the hospital in February for a knee replacement.***
- ***The exercise program helped me give up a walker then a cane. I can move all on my own now***
- ***The Fitness Center provides enjoyable exercise and movement for my husband He seems "allergic" to any exercise as a rule. He loves the "machines". I like them for the range of motion and strengthening. I feel more comfortable wearing sleeveless tops - my arms feel better.***

14. Please share any concerns or comments you may have to assist us in serving you better:

A. Concerns

- ***Sometimes too busy to accommodate everyone fairly quickly***
- ***I have been pleasantly surprised by the professional help and other people using the equipment.***
- ***I'm at a point in my life where I have to make myself more active and the equipment here is doing the job real well***
- ***At this point, there is no crowding when I come, so I am enjoying my times here.***
- ***The fitness center volunteers do a wonderful job. The fitness center is such a success that it will probably have to be expanded – it always seems to be full.***
- ***I think we need to think long range about enlarging the exercise facility. In the short term – how about increased hours? More evenings for the Fitness Center?***

B. Comments

- *Has motivated me to use the equipment twice/week and stay with an exercise program*
- *It gave me an incentive to start an exercise program*
- *Using the Fitness Center is very helpful with pain.*
- *I feel more and have more mobility. I can't find any fault at this time – all is going well.*
- *Good way to keep fit – when we go home to Oregon, I want to be able to hike.*
- *Wonderful – has made me feel much better and move in a range of motion.*
- *We love it all. What a boon to us to be able to use such a lovely Senior Center.*
- *I love the equipment. People at the helm seem to know what we need to do.*
- *It works fine – don't change it!*
- *Increased flexibility – generally feel better.*
- *My doctor is so pleased with me. I feel much better – everyone has been very agreeable and welcoming.*
- *We love the Fitness Center; the volunteers are so helpful. We also have met so many nice people. We definitely tone up and have more energy. Thank you.*
- *Meet friendly people – it is very enjoyable.*
- *I love the Fitness Center! I enjoy the machinery. The people I have met are terrific.*
- *It is the greatest place for seniors to go.*
- *It is excellent. Works for me!*
- *Great, great time! It's a good workout! Enjoy coming here every day.*
- *No concerns – the Fitness Center is a great place to exercise and I am glad I came here.*

Shapemaster— Exercise for Senior Living
Fit for a Lifetime

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