



REHABSTRONG

Supporting a Healthy & Active Lifestyle

Our REHAB STRONG: Lifestyle & Wellbeing Program is designed to encourage a healthy and active lifestyle. Contact our Lifestyle and Wellbeing Coordinator today about joining the program and signing up for services that will benefit you or help you reach your goals!



Pulmonary

Our Pulmonary Recovery Circuit Program (PRCP) is a wellness and rehabilitation program that helps participants improve their breathing, stamina, and fitness to maximize their recovery and support their overall health.

- Requirements:** Pre-assessment
- Location:** REHAB at Nuuanu
- Cost:** **Monthly:** \$100
Ala Carte: \$15/class

Cardio Circuit Challenge

Build your cardiovascular and muscular endurance power with our weekly cardio circuit challenge. We will help you work to your greatest aerobic potential with a variety of cardio exercises, weight training and band workouts.

- Requirements:** Pre-assessment
- Location:** REHAB at Nuuanu
- Cost:** **Monthly:** \$80
Ala Carte: \$15/class

Recovery & Rejuvenation

This group exercise class is designed for Cancer Survivors after they have completed their treatment. Participants will benefit from improved muscle strength, muscle endurance, flexibility & balance through circuit training exercises.

- Requirements:** Ability to walk minimum of 20 steps independently (or with assistive devices as needed).
- Location:** REHAB at Nuuanu
- Cost:** **Monthly:** \$80
Ala Carte: \$15/class



Strength & Balance

This exercise class helps improve the overall strength, physical health, and activity level of participants. Individuals will feel more confident and comfortable with their balance at home and in the community.

Requirements:

Ability to walk minimum of 20 steps independently (or with assistive devices as needed).

Location: Weinberg Courtyard

Cost: Monthly: \$80
Ala Carte: \$15/class



Open Swim

Focus is to maintain an independent aquatic exercise program at your own pace and comfort level to help with daily functional activity tolerance and performance.

Requirements:

Ability to enter/exit pool independently (or with assistive device as needed). Clients must be continent and without wounds.

Location: REHAB at Nuuanu

Cost: Monthly: \$80
Ala Carte: \$15/class



Tai Chi Swim

REHAB's heated pool is perfect for those with arthritis or joint and back pain. Focus is on ease of movement, gentle cardiovascular fitness and training.

Requirements:

Ability to enter/exit pool independently (or with assistive device as needed). Clients must be continent and without wounds.

Location: REHAB at Nuuanu

Cost: Monthly: \$80
Ala Carte: \$15/class



Alter-G

Our state of the art Alter-G Antigravity Treadmill helps you focus on cardiovascular fitness, endurance, balance and gait training.

Requirements: Pre-assessment
Location: REHAB at Nuuanu
Cost: 30 min: \$20
60 min: \$40



InBody

The InBody does a 60-second Body Composition Analysis using Bio-electrical Impedance Analysis (BIA) method. This method measures your body's composition as individual components (i.e. muscle, fat and water) to assess health and nutrition.

Requirements: Pre-assessment
Location: REHAB at Nuuanu
Cost: 30 min: \$25



NuStep

The NuStep Recumbent Cross Trainer provides a low-impact, total body cardio and strength workout. The cross trainer's adaptive features and unique upper and lower body workout accommodate participants with a wide range of conditions and exercise needs.

Requirements: Pre-assessment
Location: REHAB at Nuuanu
Cost: 30 min: \$20
60 min: \$40