



Fremont Therapy & Wellness

Senior Options

AUG 2017

Fitness for Seniors

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Fremont Therapy & Wellness offers our 65+ Senior patients and other senior members of the community a unique fitness area to workout. We believe that a full fitness/exercise routine should incorporate cardiovascular, strength training, balance exercise, and stretching. Each of these is available for our clients to utilize during their exercise routine on an independent basis.

Many of our wellness members have been our patients in the past. They are familiar with our facility, exercises and equipment, and no longer need formal physical therapy to complete an exercise program. They have joined in order to continue to use the same equipment, in the same small environment that they completed their physical therapy in, but now without therapist assistance.

Our wellness area is open to the public and we recommend you come and take a tour. If you have multiple medical issues or a complex medical history, you may qualify to have a Physical Therapist evaluate you and help you establish a specific tailored program for you. This may even be covered under your medical insurance.

What makes Us Unique:

5 different pieces of cardiovascular equipment specifically for Seniors to use for conditioning (we also have other equipment):

- Nu Step
- Recumbent Bike
- Precor Treadmill
- Sitting Elliptical
- Upper Body Bike

Pre, During, Post Medical Assessment

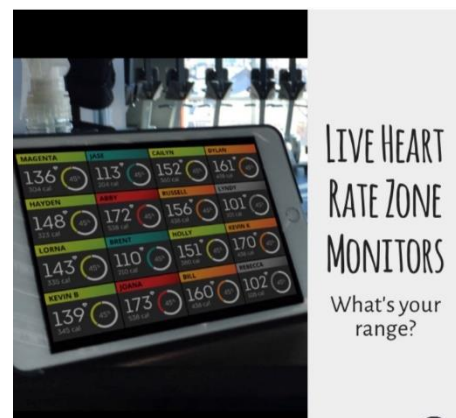
- BP available
- O₂ and pulse monitoring
- On screen LIVE HR monitoring

Cost comparable to area facilities

- \$45/mo individual
- \$80/mo couple
- 1:1 Training session for 45 min = \$75

Centrally located in Fremont Area – by Bakers & Greens on Bell St.

Physical Therapist On-Site
Aquatic Therapy and Aquatic Treadmill On-site with cash based options.



Heart Rate Monitoring



1445 North Bell St.
Fremont, NE 68025
*** Call us today if you have questions or for a tour.

Ph (402) 512-3893