



FRIDAY JUNE 3, 2011

**Today's Census at Leeway's SNF: Full (40)
Waiting List: None**

REFER NOW!

Exercise Is Good Medicine At Leeway

People with HIV/ AIDS are living longer than ever. Living well, while managing their chronic illnesses, is now an important aspect of their plan of care. Exercise is an important non-pharmacological alternative to improve health and wellness in people with HIV/ AIDS.

Leeway has recently acquired new fitness equipment including a treadmill, recumbent bicycle and Nu-Step. Physical activity has been a long established supplemental therapy for treating chronic illness. The research is supporting aerobic and resistance training as an effective intervention for people living with HIV/ AIDS. Combined aerobic and resistance training can help alleviate metabolic complications of HIV and increase cardiovascular fitness. Other benefits of regular exercise include reduction of central body fat, decrease of fatigue and depression, lowering bad cholesterol while increasing the good (HDL) cholesterol.

The Nu-step recumbent cross trainer is a popular machine with the residents. Leeway currently has 23 residents active in the fitness and physical therapy programs. Fitness programs are designed around the needs and goals of the individual resident. Pacing and hydration is emphasized. Balance and Gait training can also be incorporated into their fitness program when indicated. Additionally, we have a new resistance training tubing and stretch band system. Special exercise classes and activities include the Fitness Trail, Jump Rope Olympics, Moving to Music, and the Walking Club.

Leeway Residents can work out Monday- Friday with the fitness team: Clinical Exercise Physiologist, Judie Clark; beloved CNA Nancy Bonilla and Physical Therapist David Kelly.

Taking charge of our own health and fitness is the smart thing to do! What have YOU done lately??

Explore our website www.leeway.net to learn more about Leeway's programs, employment opportunities, or to make a referral, contact us:

**Leeway, Inc. 40 Albert Street New Haven, CT. 06511 Phone: 203.865.0068
Admissions Dept. Fax: 203.401.4542 Visit us at: www.leeway.net**