

EIM Partner Technogym Celebrates Inclusivity *From Technogym*

The Americans with Disabilities Act (ADA) has helped improve access and equality for millions of Americans living with disabilities by establishing requirements for telecommunication, transportation, public accommodations and workplace requirements. Although the ADA has provided significant improvements for people with disabilities, many would argue that the fitness industry has significant room for improvement in regards to creating exercise opportunities that are inclusive of people with disabilities.



The ADA outlines rules for providing disabled access to fitness equipment within fitness facilities, but it doesn't set forth any requirements for making fitness equipment practically useful to people living with disabilities. With the U.S. Census Bureau estimating that one in five Americans is living with a disability, fitness facilities need consider how they can meet the needs of people of varying abilities.

Fitness manufacturer and Exercise is Medicine[®] partner, Technogym, seeks to solve this problem by making the wellness lifestyle readily available to people with disabilities. To accomplish this, Technogym collaborated with the Inclusive Fitness Initiative to design its Inclusive Line, which features removable seats, ramps and steps that facilitate access. Tactile stickers and colorful safety straps help people with sight-impairments identify settings and safely operate equipment. The Inclusive Line blends aesthetically with other Technogym equipment, for a homogenous look that is visually attractive.

The Inclusive line features an upper body ergometer for a cardio option while the strength products include a chest press, shoulder press, low row, leg curl, leg extension and leg press. A multi-functional piece offers full-body training.

Exercise reduces stress and anxiety, lowers the risk of many health problems, and helps build community and social awareness. With Technogym's Inclusive line, facilities can serve a full range of clients, making strides toward a future that promotes complete wellness for all people, regardless of their physical abilities.

To learn more, visit: www.technogym.com/InclusiveLine