



Personal Fitness

Why a Personal Fitness Trainer?

Take the guess work out of exercise. Personal training is a fun and engaging way to exercise. The certified trainer will take you through a variety of exercises that are customized to meet your goals.

Benefits with a personal trainer:

- Improve your overall fitness
- Strength, flexibility, endurance and balance
- Maintain or improve your level of independence
- One-on-one guidance from an experienced professional
- Learn proper form and safely exercise

What to Expect?

- A feeling of accomplishment
- Fun
- An encouraging atmosphere
- You might sweat!

For more information, please contact:

Silverado Belmont Hills
Marnie Lyon - Wellness Coordinator
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by Select Rehabilitation



Welcome!

Let's Start Our
Therapy and Wellness
Journey Together

Enjoy a higher quality of
LIFE with the convenience
and support of local
professionals

LIFE by Select Rehabilitation provides therapy services onsite in your community. We accept most insurance options, including Medicare. Our common goal is to keep or return you to independence and safely prolong your stay in your current residence.

As a valued client, you are free to choose any or all of our services that may be available in your community – from our professional therapists to help you heal and live a healthy and balanced lifestyle.



Physical Therapy

- Difficulty with transfers/decline with transfers
- Change in how you walk/how far you go
- Increase in shortness of breath with activity
- New/increased pain
- Losing balance with walking/transfers



Occupational Therapy

- Decline in abilities during grooming
- Changes with dressing abilities
- Increase in incontinent episodes of bladder
- Change in vision
- Difficulty engaging in leisure activities



Speech Therapy

- Trouble swallowing/chewing
- Changes in safety choices/awareness
- Trouble expressing thoughts
- Change in communication abilities
- Change in participation in activities

**Requires a physician prescription for physical, occupational and/or speech therapy*

***Clients must be medically stable to leave their home and do not require nursing care*



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