



Power-assisted exercise and Hello Goodlife Health & Wellbeing Hubs offer a range of benefits, promoting physical, social, and mental well-being such as:

- Improved Physical Health
- Flexibility
- Strength and Endurance
- Sense of Belonging
- Cardiovascular Health
- Accountability
- Customised Workouts
- Holistic Approach
- Enhanced Mental Health
- Physical Well-being
- Stress Reduction
- Social Well-being
- Mood Improvement
- Mental Well-being
- Community and Social Support

"Hello Goodlife Hubs"

- Believe in embracing a positive, fulfilling life by actively engaging in activities that are not just beneficial for physical health but also nurture social and mental well-being.
- Have an integrated approach to health & well-being, where individuals can make meaningful, sustainable changes by saying hello to a healthier lifestyle.
 - Promotes group activities, support networks, and communities that foster social interactions and build lasting relationships.
 - Power-assisted exercise technology is designed to assist individuals in achieving their fitness goals, regardless of their current physical condition.
- The power assisted exercise circuit in the hub has 12 machines. People spend 3 minutes on each machine, so in less than 40 minutes every muscle in the body is exercised. There are different programmes on each machine for all different levels of ability.

Also used for exercising in a complete body workout conditioning and toning the body & improving fitness levels, the circuit in the Hello GoodLife Health & Wellbeing hub can be used as a preventative health measure to safeguard people's good health into the future.

Hello Goodlife Health & Wellbeing Hubs offer a holistic and inclusive approach to health and well-being. The cutting edge innovative power assisted exercise equipment which is **NEW to Ireland**, makes physical activity more accessible, and the **Hello Good Life Health & Wellbeing Hubs** provide a supportive, community & a driven environment where individuals can focus on their overall health & well-being. Together, these components aim to empower individuals to lead healthier, happier lives right up into their 90s.

Why add a hub?

- Get yourself ahead in the target market for the over 50's!
- Be part of similar concepts expanding throughout Europe.
- Presents new, healthy and untapped revenue streams.
 - Design & creation informed by Research & Science responding to the over 50's needs for social connections & support in pursuing a healthier lifestyle.

Who BENEFITS?

EveryBODY! In particular the 50s to 90's age group, there are people of all levels of ability, of all genders, people with mild to moderate disabilities, people with an underlying health condition, people in stroke and cardiac recovery, & people with NO health complications at all who want to keep it that way, doing what they love doing for longer and stay off hospital waiting lists and queues for as long as they can! Also benefits people in recovering impacted or lost mobility and rehabilitation.

For more information please email
info@hellogoodlife.ie
 00353 87 482 8028
www.hellogoodlife.ie



Power assisted exercise circuits and Hello GoodLife Health & Wellbeing Hubs

**The new Gym plus for everyBODY over 50!
 Gives your gym/leisure centre a power boost, new audience & new memberships.**

www.hellogoodlife.ie

POWER ASSISTED EXERCISE FOR EVERY BODY



Chest & Legs



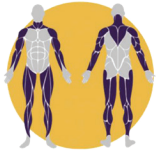
KEY BENEFITS

- Strengthens upper & lower limbs
- Helps improve balance & mobility
- Increased aerobic fitness
- Tones & conditions

TARGETED AREAS:

- Chest
- Shoulders
- Arms
- Legs
- Abdominals
- Upper Back
- Glutes
- Hips

Tricep Dip & Leg Curl



KEY BENEFITS

- Improves sit to stand activities
- Enhanced mobility and balance
- Increases leg and arm strength
- Improves aerobic stamina
- Tones & conditions

TARGETED AREAS:

- Neck
- Upper & Lower Arms
- Shoulders
- Legs
- Knees

AB Pullover



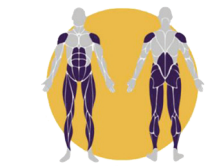
KEY BENEFITS

- Improves strength & abdominal muscles
- Improves balance
- Stretches the shoulder girdle & chest
- Reduces age related changes to posture
- Strengthens the hip flexor for stepping

TARGETED AREAS:

- Abdominals
- Lower Back
- Glutes
- Hips
- Legs
- Waist

Hipster



KEY BENEFITS

- Stretches hamstrings
- Improves strength of gluteal muscles
- Assists alternate hip extensions
- Enables a gentle lower back exercise

TARGETED AREAS:

- Waist
- Hips
- Abdominals
- Arms
- Shoulders
- Legs
- Glutes
- Lower Back

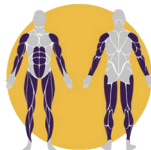
KEY BENEFITS

- Improved arm & leg strength
- Increased aerobic fitness
- Supports weight loss
- Overall improved health
- Tones & conditions

TARGETED AREAS:

- Abdominals
- Upper & Lower Arms
- Upper & Lower Legs

Cross Cycle



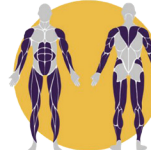
KEY BENEFITS

- Tightens the abdominal muscles
- Improves posture
- Helps prevent back pain
- improves balance
- Strengthens the hips

TARGETED AREAS:

- Shoulders
- Arms
- Legs
- Abdominals
- Upper Back
- Waist

Tummy Crunch



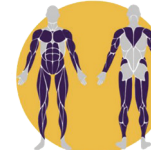
KEY BENEFITS

- More shoulder mobility for reaching activities
- Improved shoulder control to prevent injury
- Increased hip strength and mobility
- Improvement to walking &

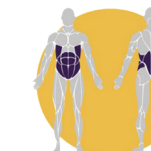
TARGETED AREAS:

- Shoulders
- Arms
- Legs
- Abdominals
- Upper Back
- Waist

Seated Climber



Side Flexor



KEY BENEFITS

- Increases flexibility of the rib cage
- Improves lung function
- Helps reduce back pain
- Improves posture
- Increases shoulder flexibility

TARGETED AREAS:

- Waist
- Obliques
- Abdominals
- Rectus Abdominus
- Lower Back

Flys & Thighs



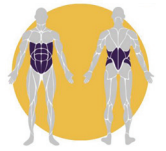
KEY BENEFITS

- Improves upright posture
- Progresses balance
- Increases shoulder flexibility
- Boosts hip strength and flexibility
- Improves walking and stair climbing

TARGETED AREAS:

- Upper Back
- Abdominals
- Shoulders
- Chest
- Arms
- Glutes
- Hips
- Inner & Outer Thighs

Rotary Torso



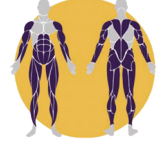
KEY BENEFITS

- Helps increase ribcage mobility
- Improves trunk rotation
- Enhances walking pattern
- Improves balance
- Strengthens hips and shoulders
- Tightens abdominal muscles

TARGETED AREAS:

- Obliques
- Waist
- Abdominal
- Rectus Abdominus
- Lower Back

Side Bend Stepper



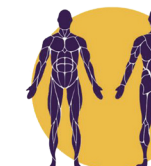
KEY BENEFITS

- Improves muscle tone in arms
- Reduces back pain
- Increases rib cage flexibility
- Increased strength for standing and stepping

TARGETED AREAS:

- Waist
- Hips
- Abdominals
- Arms
- Shoulders
- Legs
- Glutes
- Lower Back

Relaxer



KEY BENEFITS

- Several physiological benefits
- Increases bone density
- Improves standing balance
- Reduce pain
- Decrease stiffness

TARGETED AREAS:

- The vibrational therapy of this machine benefits many areas of the body, physically and mentally.