

# Assessment of the Shapemaster Easytone Exercise Program on Muscular Strength and Functional Capacity for the Elderly



Oklahoma State University has prepared an independent report commissioned by an assisted living facility in Oklahoma on the Benefits of the Shapemaster Senior Exercise Program.

Seniors, **70 years old and older** exercised on the Shapemaster Easytone Machines **twice weekly for only 10 weeks**. 7 different tests to measure their changes in strength, mobility and balance, and the improvements were recorded.

**The results showed tremendous benefits:**

- A significant improvement in **muscle strength** of between **24% and 50%**
- **Mobility and Agility** increased by **22%**
- Of particular note was the benefit in **increased balance**, which improved by **33%**. This was most significant because seniors are more likely to fall and injure themselves, leading to reduced quality of life and premature death.

The report confirms:

- The benefit of exercise for seniors since **it will promote a longer and healthier life**, which will enable them to live an independent life for longer, and require less time undergoing healthcare.
- That we lose 40% to 50% of our muscle strength as we age. **Muscle tissue responds to resistance training with improved strength, bone density, and dynamic balance, until we are into our 90's.**
- Physical activity **retards many age related changes and reduces the onset of many killer diseases** such heart disease, colon cancer, and diabetes. It **improves cardiovascular function, reduces obesity, and improves overall quality of life.**

One of the great benefits of exercising on Shapemaster machines is that **they provide a safe and friendly environment for seniors who so often would not want to exercise in a traditional gym.**

**The Oklahoma State University report confirms that standard fitness equipment can be intimidating and hazardous, and the Shapemaster machines provide a safe alternative – that is also fun!**

The machines suit so many people who would never consider using a regular gym. Seniors, sufferers of MS, Fibromyalgia, Cerebral Palsy, COPD, Muscular Dystrophy, all can use the equipment successfully. People who are uncomfortable in a gym environment with weight and physical challenges find that they can be successful at exercising on the Shapemaster machines.

**We have yet to find someone who does not benefit from exercising on the Shapemaster Machines.**