



REHABILITATION HOSPITAL  
OF THE PACIFIC

# REHAB STRONG

## Lifestyle and Wellbeing Program

Our **REHAB STRONG: Lifestyle and Wellbeing Program** is designed to encourage a healthy and active lifestyle. Contact our Lifestyle and Wellbeing Coordinator today about joining the program and signing up for services that will benefit you or help you reach your goals!

### REHAB RECOVERY AND REJUVENATION (*CANCER PROGRAM*) *NEW!*

This group exercise class is designed for the recovery and rejuvenation of Cancer Survivors after they have completed their treatments. Cancer survivor participants will benefit from improved muscle strength, muscle endurance, flexibility & balance through circuit training exercises. We combine that with interval training to improve cardiopulmonary health and stamina. All 60-minute sessions strive to combat possible side effects from Cancer-related treatments as well as improve activity and energy levels to get Cancer survivors back to the activities they enjoyed doing before their diagnosis.

- REQUIREMENTS:** Ability to walk minimum of 20 steps independently (or with assistive devices as needed)  
**INSTRUCTOR:** Cancer Rehabilitation Specialist and Certified REHAB Trainer  
**FREQUENCY:** Twice a week (Monday and Saturday)  
**LOCATION:** KJ & Beatrice Luke Specialty Clinic at Nuuanu  
**COST:** \$80/month | \$15 for ala carte

### ALTER-G

Our state of the art Alter-G Antigravity Treadmill helps you focus on cardiovascular fitness, endurance, balance and gait training.

- REQUIREMENTS:** Pre-assessment  
**INSTRUCTOR:** Certified REHAB Trainer  
**FREQUENCY:** Once a week (Fridays)  
**LOCATION:** KJ & Beatrice Luke Specialty Clinic at Nuuanu  
**COST:** \$20 for 30 min | \$40 for 60 min

### GROUP SWIM

Working in REHAB's heated pool, our group exercise class is perfect for those with arthritis or joint and back pain. Focus is on ease of movement, gentle cardiovascular fitness and strengthening.

- REQUIREMENTS:** Ability to enter/exit pool independently (or with assistive devices as needed). Clients must be continent and without wounds.  
**INSTRUCTOR:** Certified REHAB Trainer  
**FREQUENCY:** Twice a week (Mondays and Fridays)  
**LOCATION:** Beatrice Lum Luke Therapeutic Pool (Nuuanu)  
**COST:** \$80/month | \$15 ala carte

## REHAB STRONG: Lifestyle and Wellbeing Program (Cont'd)

### MASSAGE

Massage has been proven to effectively alleviate, treat and prevent everything from minor muscle aches, neck and back pain, migraine headaches, improving Lymphedema, depression, insomnia and other stress related diseases. Why go another day ignoring your body's needs? Knots and tension don't have to be a way of life.

**INSTRUCTOR:** Certified Massage Technician

**COST:** \$80 for 60 min | \$20 for 15 min increment (by appointment only)

### CARDIO CIRCUIT CHALLENGE

Build your cardiovascular and muscular endurance power with our weekly cardio circuit challenge. This total body conditioning session combines fun and fitness by alternating between cardio and strength exercises and challenging all muscle groups. A certified REHAB trainer and exercise physiologist will help you work to your greatest aerobic potential with a variety of cardio exercises, weight training and band workouts.

**REQUIREMENTS:** Pre-assessment

**INSTRUCTOR:** Certified REHAB Trainer and Exercise Physiologist

**FREQUENCY:** Once a week (Fridays)

**LOCATION:** CardioPulmonary REHAB Gym

**COST:** \$60/month | \$15 ala carte

### CHAIR YOGA

Yoga improves flexibility and strengthens personal body awareness. Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. It is one of the gentlest forms of yoga available without complicated maneuvers or complex movements. Chair yoga is perfect for those wanting to achieve physical and mental fitness.

**REQUIREMENTS:** Ability to walk minimum of 20 steps independently (or with assistive devices as needed)

**INSTRUCTOR:** Yoga-certified REHAB Trainer

**FREQUENCY:** Twice a week (Mondays and Thursdays)

**LOCATION:** Harry & Jeanette Weinberg Courtyard Lanai

**COST:** \$80/month | \$15 ala carte

### STRENGTH AND BALANCE

The goal of this program is not only to help improve the overall strength and physical health of the individuals participating but to also improve their activity level. Individuals who partake in these exercises will feel more confident and comfortable with their balance at home and in the community.

**REQUIREMENTS:** Ability to walk minimum of 20 steps independently (or with assistive devices as needed)

**INSTRUCTOR:** Certified REHAB Trainer and an Exercise Physiologist

**FREQUENCY:** Once a week (Tuesdays)

**LOCATION:** Harry & Jeanette Weinberg Courtyard Lanai

**COST:** \$60/month | \$15 ala carte

**\*\*\*NOTE: Information subject to change.**