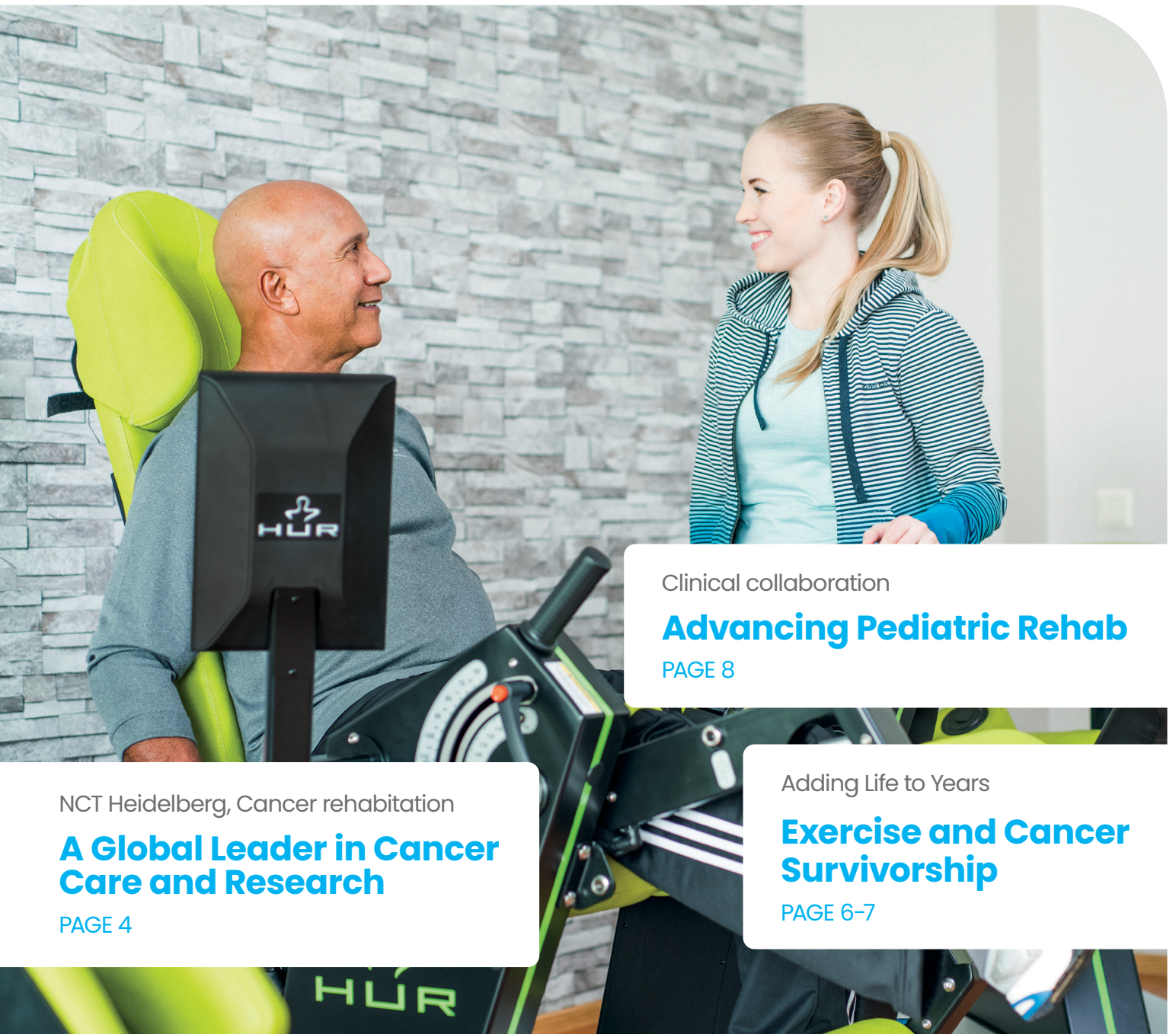




NEWS

YOUR PARTNER FOR LIFELONG STRENGTH



NCT Heidelberg, Cancer rehabilitation

A Global Leader in Cancer Care and Research

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Clinical collaboration

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HUR SmartTouch™ Ecosystem— Start training the smart way

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Building the Future of Rehabilitation Together

Effective rehabilitation begins with listening—to patients, professionals, and researchers. As the need for prevention, rehabilitation, and healthy ageing continues to grow, collaboration between healthcare, academia, and industry is more important than ever.

At HUR, partnership drives innovation. By working closely with researchers, clinicians, and customers worldwide, we develop intelligent exercise solutions that support preventive, rehabilitative, and lifelong training. **Scientific evidence remains at the core of our equipment** and software, helping turn research into better outcomes.

Since 1989, HUR has been committed to advancing evidence-based exercise and rehabilitation. We are grateful to our customers, partners, and friends around the world for the trust and collaboration that have shaped this journey.

As together we continue to advance rehabilitation and exercise science, HUR remains dedicated to providing the technology, expertise, and support needed to make a meaningful difference.

Mats Manderbacka
Chairman of the Board and CEO, HUR

HUR SMARTTOUCH™ ECOSYSTEM

Fully connected, evidence-based system that removes guesswork and builds confidence.

For more than **35 years**, HUR has been at the forefront of intelligent exercise solutions, helping health-care professionals, rehabilitation specialists, senior living communities, and researchers deliver safer, more effective, and evidence-based training.

HUR SmartTouch Ecosystem

At the heart of this innovation is the HUR SmartTouch Ecosystem—a **fully integrated solution combining advanced pneumatic strength training equipment, comprehensive assessment tools, and intelligent software** into one seamless platform.

Developed through decades of close collaboration with leading experts in biomechanics and exercise physiology, together with continuous customer feedback, the SmartTouch Ecosystem represents the culmination of HUR's commitment to innovation and user-centered design.

Intelligent and Personalized Training

The ecosystem enables professionals to:

- Create personalized exercise programs.
- Automatically adjust resistance settings for each user.
- Monitor progress and training adherence.
- Generate objective, data-driven reports.
- Support rehabilitation, active ageing, preventive exercise, and scientific research.

Advanced Pneumatic Technology

HUR's unique pneumatic technology accommodates users across a wide range of strength levels, with resistance starting at virtually near zero load and increasing in precise **100-gram increments**. This allows every training session to be tailored to the individual's exact needs.

Evidence-Based Outcomes

Modern healthcare increasingly demands **measurable outcomes**. The HUR SmartTouch Ecosystem provides **easy-to-use automated tools that capture, analyze, and visualize training results**, enabling professionals to objectively monitor patient progress and demonstrate the effectiveness of their interventions.





NCT Heidelberg: A Global Leader in Cancer Care and Research

The National Center for Tumor Diseases (NCT) Heidelberg is one of Germany's foremost institutions for comprehensive cancer care and translational research. Located in Heidelberg, the center brings together world-class expertise through a partnership between the German Cancer Research Center (**DKFZ**), Heidelberg University Hospital, Heidelberg University, and other leading scientific and medical organizations.

Established to accelerate progress in the fight against cancer, the **NCT** integrates **cutting-edge research** with **state-of-the-art clinical care**. Its mission is to rapidly translate laboratory discoveries into innovative treatments, ensuring that patients benefit from the latest scientific advances as quickly as possible.

A key strength of the **NCT** is its ability to **bridge the gap between research and patient care**. Scientists and clinicians work closely together to develop and implement **evidence-based, personalized treatment strategies** tailored to the unique characteristics of each patient and their disease. This collaborative approach enables the center to remain at the forefront of modern oncology and continuously improve patient outcomes.

The **NCT** provides a comprehensive, patient-centered approach to cancer management, covering the entire continuum of care—from **prevention and early detection to diagnosis, treatment, rehabilitation, and long-term follow-up**. Equipped with advanced technologies and the latest therapeutic modalities, the center offers patients access to some of the most innovative cancer treatments available.

In addition to its clinical services, the NCT is internationally recognized for its pioneering research in precision oncology and targeted therapies.

Through its strong emphasis on translational medicine, the center provides eligible patients with access to clinical trials evaluating novel and experimental treatments,



offering opportunities to benefit from breakthrough therapies that may not yet be widely available.

By combining **scientific excellence, multidisciplinary collaboration, and compassionate patient care**, the National Center for Tumor Diseases Heidelberg has established itself as a leading **"one-stop"** center for comprehensive cancer treatment and research in Germany and beyond.

Exercise is Medicine – Especially During Cancer Treatment

At MedHP Gym in Highett, we believe exercise should be considered an essential part of cancer care. Strong evidence now shows that appropriately prescribed exercise can improve treatment tolerance, reduce fatigue, maintain strength and fitness, support mental health, and enhance quality of life during and after treatment. Importantly, exercise also plays a key role in survivorship by helping people regain confidence, independence and physical function.

Cancer treatment can be one of life's most challenging curve-balls. Side effects such as fatigue, loss of strength, reduced fitness, anxiety and uncertainty can make exercise feel overwhelming. Unfortunately, physical deterioration during treatment is common, which is why maintaining movement and functional capacity has become an increasingly important part of modern cancer care.

Recognising this need, **MedHP has developed tailored exercise programs specifically for people undergoing or recovering from cancer treatment**. Our team of Exercise Physiologists provides individualised exercise programs in a safe, supportive and unthreatening environment, helping patients navigate a time that is often difficult and unfamiliar.

Established in 2022, MedHP was created through a partnership between two major Bayside medical practices and a team of Exercise Physiologists and Exercise Scientists. Great care was taken to create a facility capable of supporting people with complex medical conditions, including cancer.

Our purpose built facility combines HUR smart resistance equipment, functional strength training areas, cardiovascular equipment and Senso balance training systems to accommodate a wide range of abilities and treatment stages. **The HUR equipment allows precise and gentle progression**, making it particularly valuable for patients experiencing treatment-related weakness, fatigue or reduced confidence.

MedHP is proud to partner with ICON Radiation Oncology at Holmesglen Hospital, where eligible patients can access a funded 13-week exercise program during and following radiotherapy treatment. In addition, we support many private oncology patients referred by specialists, General Practitioners and allied health professionals.

The goal is to minimise the physical decline often associated with cancer treatment, improve mental health, and help people emerge from treatment stronger, healthier and prepared for long-term survivorship. Exercise cannot change a cancer diagnosis, but it can significantly influence how people experience treatment and recover afterwards.

As awareness of exercise oncology continues to grow, MedHP is proud to be helping bridge the gap between medicine and exercise, providing patients with the confidence, guidance and support they need to keep moving forward.





Adding Life to Years: Exercise and Cancer Survivorship

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” while wellness represents the optimal state of health achieved through positive lifestyle choices.

These concepts are particularly important for people living with and beyond cancer. Advances in diagnosis and treatment have created a rapidly growing population of cancer survivors worldwide. While improving survival remains a primary goal, **maintaining quality of life, physical function, independence, and participation in meaningful activities has become equally important.** Cancer rehabilitation and oncology exercise are essential in achieving these outcomes.

Exercise is now recognised as a fundamental component of cancer

care. Research consistently shows that appropriately prescribed exercise can reduce treatment-related side effects, combat cancer-related fatigue, preserve muscle mass and strength, improve cardiovascular fitness, support mental well-being, and enhance overall quality of life. For many individuals, exercise is not simply an addition to treatment—it is medicine.

The Importance of Exercise

Physical activity is a cornerstone of health across all ages. Although exercise programmes should be

adapted to individual needs and health status, the principles outlined in the **WHO Physical Activity Guidelines** apply to everyone.

For people affected by cancer, the benefits extend well beyond general health promotion. **Regular exercise has been associated with a lower risk of developing several cancers, including breast and colon cancer.** Following diagnosis, exercise improves physical function, reduces fatigue, alleviates psychological distress, enhances treatment tolerance, and supports long-term recovery.

Despite these well-established benefits, physical inactivity remains a major global health challenge. Many people fail to achieve recommended activity levels, increasing the risk of chronic disease and functional decline.

PHYSICAL ACTIVITY GUIDELINES

AGE IN YEARS

ACTIVITY

5–17

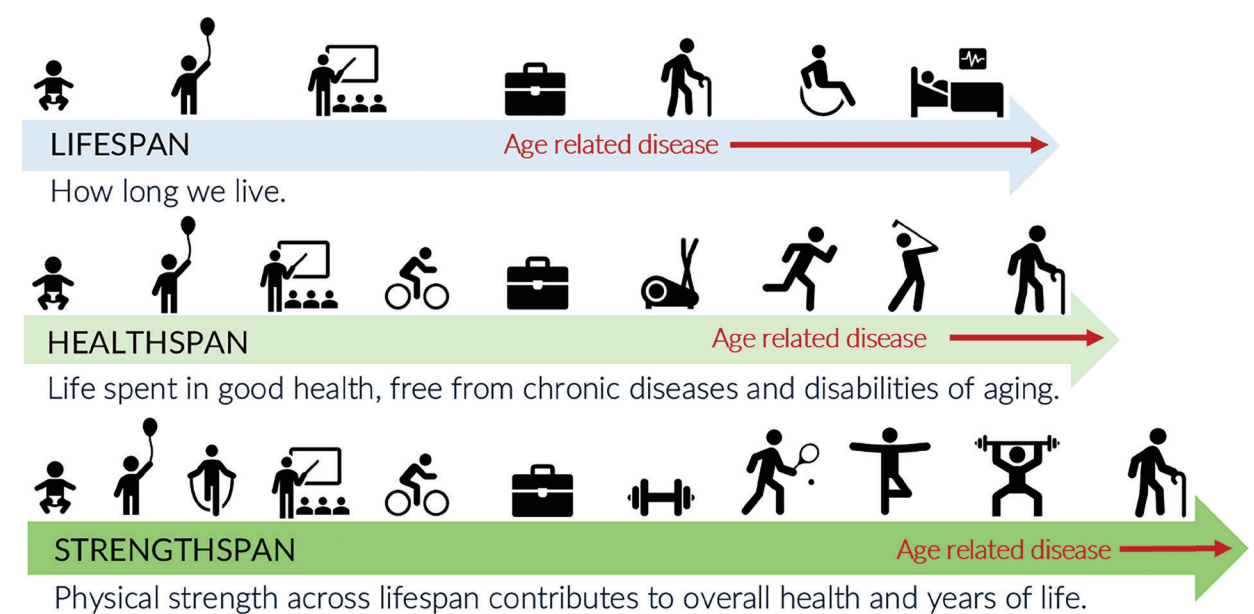
- 60 minutes of moderate to vigorous physical activity per day.
- Strength training three days or more per week

18–64

- 150–300 minutes per week of moderate physical activity, OR
- 75–150 minutes per week of vigorous physical activity, OR
- An equivalent combination of both per week
- Strength training two days of more per week

65+

- At least 150 to 300 minutes of moderate-intensity aerobic physical activity per week
- Strength training two days per week
- Varied multicomponent physical activity emphasising functional balance and strength training three days a week.



Original research references: Kaeberlein M. (2018) Geroscience, 40(4):361-364 ; Faigenbaum AD et al. (2024) BJSM 58:758-760
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Research published in **The Lancet** identified physical inactivity as one of the leading contributors to non-communicable diseases worldwide. It has been linked to a significant proportion of **coronary heart disease, type 2 diabetes, and several cancers, including breast and colon cancer.** These findings highlight the importance of exercise not only for disease prevention but also for rehabilitation and survivorship care.

Lifespan, Healthspan and Strengthspan

When discussing healthy ageing and cancer survivorship, it is useful to distinguish between **lifespan and healthspan**. Lifespan refers simply to the number of years we live, while healthspan describes the years spent in good health, free from significant disability and chronic disease.

For cancer survivors, healthspan may be even more important than lifespan itself. Surviving cancer is a major achievement, but survivorship should also include the ability to **remain independent, maintain social connections, and continue participating in meaningful life activities.**

More recently, the concept of “**strengthspan**” has emerged, highlighting the importance of maintaining muscular strength throughout life.

Rather than focusing solely on longevity, strengthspan emphasises preserving function, mobility, and independence. As described by Faigenbaum and colleagues, we should strive to get strong during childhood, be strong during adulthood, and remain strong as we age.

This concept aligns closely with the goals of cancer rehabilitation. Cancer and its treatments can significantly reduce physical capacity, making the preservation or restoration of strength critical for maintaining independence and improving quality of life.

The Role of Skeletal Muscle

Skeletal muscle is the body's largest organ system, accounting for approximately **40–45% of total body mass**. Beyond movement, it plays a vital role in metabolism, immune function, tissue repair, and overall health. It also serves as the body's primary protein reserve, supporting recovery and adaptation to physiological stress.

For people undergoing cancer treatment, preserving muscle mass is particularly important. **Cancer itself, together with treatments such as chemotherapy, radiation therapy, hormone therapy, and reduced physical activity, can accelerate muscle loss and functional decline,** leading to fatigue, poorer treatment tolerance, and reduced quality of life.

Ageing further contributes to this process through **sarcopenia**, the gradual loss of muscle mass and strength associated with **frailty and loss of independence.**

For cancer survivors, these effects can be even more pronounced. **Resistance training**, combined with appropriate aerobic exercise and nutritional support, is one of the most effective strategies for preserving muscle, maintaining strength, and optimising recovery.

Exercise as an Essential Part of Cancer Care

The evidence is clear: **exercise is a powerful tool for supporting health, recovery, and long-term survivorship.** In cancer rehabilitation, it should be viewed as an integral part of care, not an optional extra.

Appropriately prescribed exercise improves physical function, reduces treatment-related side effects, enhances mental well-being, and helps maintain independence. Oncology exercise professionals and multidisciplinary teams help ensure programmes are safe and tailored to individual needs.

The best time to start exercising may have been yesterday, but any time is a good time to begin. Through cancer rehabilitation and oncology exercise, we can help people **live not only longer, but better—adding life to years, not just years to life.**



Advancing Pediatric Rehab Through Clinical Collaboration and Research

At HUR, the mission of lifelong strength now includes the youngest generation. Designed for children aged 7–14, the HUR Pediatric Line offers safe, engaging, and evidence-based exercise solutions that support rehabilitation, physical development, and long-term health.

One of the first clinical uses of the Pediatric Line took place at **King Salman Children with Disabilities Association in Riyadh, Saudi Arabia**. The centre integrated the devices into physiotherapy sessions, allowing therapists and children to experience the equipment in daily clinical practice while evaluating usability, engagement, and rehabilitation potential. The pilot explored how child-specific pneumatic exercise equipment could support pediatric rehabilitation while ensuring safety, accessibility, and engagement.

The implementation included the four **MDR-certified pediatric devices: Push Up/Pull Down, Chest Press, Leg Extension/Curl, and Abdomen/Back**. Therapists reported positive experiences regarding usability and patient engagement, while children showed high motivation when using the equipment and actively participated in therapy sessions under professional supervision.

The experience generated valua-

ble insights for future development. Feedback from therapists helped identify opportunities to further refine ergonomics, accessibility, and software functionality, while reinforcing the importance of close collaboration between industry and rehabilitation professionals. **The Saudi Arabian project also forms part of a broader pediatric ecosystem being developed by HUR through research, technology, and clinical partnerships.**

Beyond clinical implementation, HUR is also contributing to the growing body of scientific evidence supporting exercise in young people. In Finland, **Dr. Eero Haapala at the University of Jyväskylä** is currently leading a research project investigating the effects of resistance training on cognitive performance, academic skills, physical fitness, and mental well-being in school-aged children.

In Spain, the pediatric oncology rehabilitation project PEPON (Physical Exercise in Pediatric Oncology) will be conducted at the University of

Almería using HUR pediatric exercise equipment. Expected to begin later this year, the initiative will investigate how structured exercise can support children during and after cancer treatment while promoting physical function and quality of life.

The first clinical experiences and ongoing research initiatives represent important milestones in the development of **HUR's exercise solutions for children**. Through close collaboration with rehabilitation professionals, researchers, and healthcare organizations, HUR continues to advance evidence-based approaches that support physical function, participation, and long-term well-being among young people.



Therapists at King Salman Children with Disabilities Association in Riyadh, Saudi Arabia



Exercise in Cancer Rehabilitation on NHK WORLD-JAPAN

Training activities using HUR exercise equipment were featured in an episode of **NHK WORLD-JAPAN's Medical Frontiers**, a program that introduces advances in healthcare, medical technology, and clinical practice from Japan to an international audience.

The episode focused on developments in cancer care and highlighted educational initiatives designed to help healthcare professionals strengthen their knowledge and practical skills

in modern oncology. It also included coverage of activities at Japan's **National Cancer Center Hospital**, one of the country's leading cancer treatment and research institutions.

The broadcast emphasized the importance of professional education, exercise, and knowledge sharing in supporting cancer rehabilitation and improving patient outcomes. Such initiatives play an important role in disseminating clinical expertise and

promoting best practices among healthcare professionals.

Titled **Exercise Is the Key to Surviving Cancer**, the episode is available through the NHK WORLD-JAPAN website.

Link: <https://www3.nhk.or.jp/nhkworld/en/shows/2050168/>

Source: NHK WORLD-JAPAN, Medical Frontiers.

OTHER PRODUCTS OFFERED BY HUR



HUR Strength Equipment
for independent exercise and effective progress tracking.



HUR Easy Access
offers safe, independent training for wheelchair users



HUR Pulley
provides versatile strength training in a single machine.



Strength and Balance Exercise in Aged Care (SUNBEAM)

Progressive Resistance and Balance Training for Falls Prevention in Long-Term Residential Aged Care Facilities

Participants
221 participants from 16 residential aged care facilities were included in the trial. The average participant age was 86. Treatment was randomized with 113 participants receiving progressive resistance and balance training (exercise group), and 108 receiving usual care (usual care group).

The Sunbeam Program
The exercise group participated in progressive resistance training using HUR Intelligent Technology plus balance exercises 2 times/week for 1 hour for a total of 25 weeks (50 sessions). Following the initial intervention, participants completed a 6-month maintenance program 2 times/week for 30 minutes. Participants performed 2-3 sets of 10-15 repetitions on a circuit of **5 HUR machines**:

Participants performed 2-3 sets of 10-15 repetitions on a circuit of 5 HUR machines:

- Adduction / Abduction ST5520
- Leg Press Incline ST5545
- Dip / Shrug STE3125
- Leg Extension / Leg Curl STE5530 • Abdomen / Back Extension STE5310

The balance exercises were a combination of complex static and dynamic standing exercises.

- Findings**
- A **55% reduction in falls rate** for the exercise group, with a Significant decrease in falls involving an injury
 - **Fewer fallers in the exercise group** (46%) vs the usual care group (69%) with usual care group participants more likely to have multiple falls.
 - The **exercise group scored higher on the SPPB** (Short Physical Performance Battery) than the usual care group at 12-months
 - **Participants with cognitive decline / dementia also had a reduction in falls** (50%), multiple falls (40%) and injurious falls (44%)
 - Those **with cognitive decline also significantly improved their physical performance**, including better static and dynamic balance and sit-to-stand ability
 - The cost effectiveness analysis compared the costs of falls and injurious falls to the cost of the program and found that the program can be considered cost-effective with a **potential cost saving of up to \$670** per fall avoided for the intervention group.

Original published articles
Hewitt J et al. (2018) J Am Med Dir Assoc. Apr;19(4):361-369
Hewitt J et al. (2019). Clin Rehabil. Mar;33(3):524-534
Mak A et al. (2022). J Am Med Dir Assoc. May;23(5):743-749

*Sunbeam (Strength and Balance Exercises in Aged Care)

CLINICAL TRIAL Summary Report



KEY FINDINGS

Rate of Falls Reduced By

55%

following progressive strength and balance training

For participants with cognitive impairment/dementia, falls reduced by 50% with improved physical performance noted

A national roll-out of the Sunbeam strength and balance program would save Australian healthcare economy an estimated **\$120 million** for the first year due to the short- and long-term benefits.

HUR SmartBalance

Cognitive Training Through Interactive Balance Exercise

HUR SmartBalance combines physical and cognitive training in an interactive and engaging exercise environment. The system is designed to improve balance, coordination, reaction time, and cognitive function by challenging both the body and mind simultaneously.



KEY VALUE PROPOSITIONS

Balance Assessment:	Uses Romberg and Limits of Stability tests.
Clear Reports:	Easy-to-read traffic light scoring system.
Progress Tracking:	Monitor improvements by comparing test results.
Interactive Training:	Fun balance games improve coordination and motivation.
Accessible Design:	Low step-up platform, support rails, and adjustable screen.
Wheelchair Friendly:	Users can train directly from a wheelchair.



HUR Pneumatic Technology and Air Resistance

A modern approach to adaptive strength

HUR Pneumatic Technology is a resistance system that uses air resistance instead of traditional weight stacks. By utilizing compressed air, it provides **smooth, safe, and controlled movement** throughout the exercise.

Enhanced by intelligent automation, the system adapts instantly to selected training loads, providing precise resistance and seamless transitions between exercises.

Training performance and progress are automatically recorded, empowering users and managers to track development and deliver safe, engaging exercise programs tailored to individual abilities and goals.



Excellent Ergonomics Ensures Safe and Comfortable Training

Ergonomics is the foundation of effective and sustainable training.

When equipment is properly designed around the human body, users can train with confidence — regardless of age, fitness level, or physical condition.



KEY BENEFITS OF AIR RESISTANCE

- Safe and joint-friendly exercise
- Precise resistance adjustments from beginner to advanced
- Smooth movement without weight impact
- Ideal for rehabilitation, medical fitness, and adoptive strength training
- Smart analytics for progress and performance

The importance of Exercise in Cancer Care

Exercise is increasingly recognised as a powerful adjunct therapy in cancer care, offering benefits that extend beyond general health to directly influence disease progression, treatment outcomes, and survival. Contemporary research in exercise oncology highlights that physical activity can act as a form of “medicine,” with measurable biological effects even in advanced stages of cancer.

Exercise-Induced Anti-Cancer Mechanisms

One of the most significant findings is the role of exercise in altering the body’s internal chemical environment. Research from **Edith Cowan University**, lead by **Professor Rob Newton**, demonstrates that skeletal muscle produces proteins known as myokines during exercise. **These molecules have anti-cancer properties, including the ability to suppress tumour growth and stimulate mechanisms that directly attack cancer cells.** Notably, even a single session of high-intensity exercise can temporarily elevate myokine levels. In men with advanced prostate cancer, **a 34-minute exercise bout increased these proteins and reduced cancer cell growth by approximately 17%** in laboratory conditions. This suggests that every “dose” of exercise contributes to a short-term anti-cancer effect, reinforcing the idea that consistent activity is important for maintaining these benefits.

Exercise and Improved Cancer Prognosis

Beyond these acute biological effects, long-term exercise participation is associated with improved prognosis.

Large clinical trials, such as the Challenge Phase III trial in colon cancer, provide strong evidence that **structured exercise can reduce recurrence and extend survival.** While exercise does not replace conventional treatments like chemotherapy, it is increasingly considered an essential component of evidence-based cancer care. Experts now argue that prescribing supervised exercise should be standard practice, similar to pharmacological interventions.

Enhancing Treatment Tolerance and Recovery

Exercise also plays a critical role in improving treatment tolerance and recovery. It can enhance how patients respond to therapies, reduce the severity of side effects, and minimise complications from surgery. Additionally, it helps counter common treatment-related issues such as fatigue, muscle loss, reduced bone density, and impaired mobility. **Improvements in sleep, mental health, and overall quality of life are also widely reported, with exercise reducing stress, anxiety, and depression while boosting mood and self-esteem.**

Benefits Across Different Cancer Types

Importantly, these benefits are observed across a wide range of cancer types, including breast, colon, lung, and prostate cancers. For example, **high-intensity interval training and resistance exercise may help prevent breast cancer recurrence,** while structured programs in colon cancer populations have shown improved disease-free survival. In lung cancer, exercise is considered integral for managing side effects and aiding recovery, with evidence suggesting it may also improve survival outcomes.

Evidence Base and Current Recommendations

The evidence base supporting exercise is extensive, with numerous systematic reviews and meta-analyses demonstrating its safety, feasibility, and effectiveness throughout the cancer continuum—from diagnosis to advanced disease. While optimal exercise prescriptions are still being refined, current guidelines recommend regular aerobic activity combined with resistance training, tailored to the individual’s condition and capabilities.

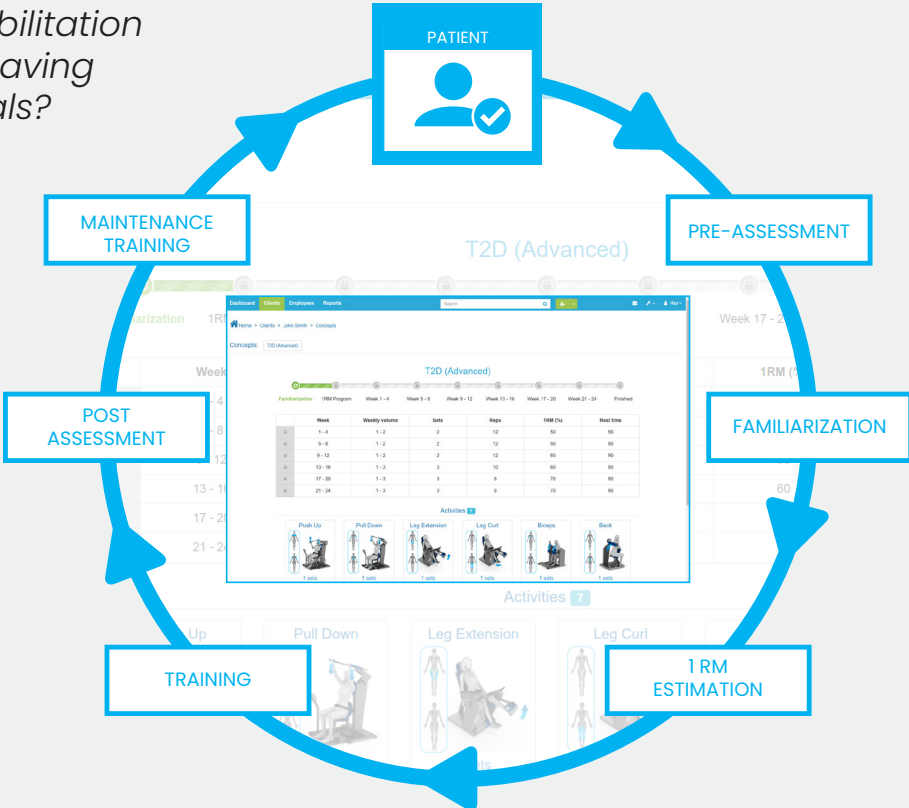
In summary, exercise offers multifaceted benefits in cancer care. **It not only improves physical and psychological wellbeing but also exerts direct anti-cancer effects and may enhance survival.** As such, exercise is no longer viewed as merely supportive care but as a vital, evidence-based component of cancer treatment.

Promote sound exercise outcomes with HUR Medical Concepts

Are you in the health care/rehabilitation industry and want a resource-saving solution for achieving client goals?

The **HUR Medical Concepts** for preventive exercise, disease management and rehabilitation promotes effective exercise outcomes with scientific-based training programs and world-leading intelligent exercise equipment.

The HUR Medical Concepts provide a clear process for the rehabilitation or exercise journey in the form of training programs and questionnaires. Thereby, the solution also eliminates mundane tasks and frees time for the professional to focus on the client. (The HUR Medical Concepts are available for activation in HUR SmartTouch.)



There are five easy-to-use concepts with training programs:

- FALLS PREVENTION
- HYPERTENSION
- TYPE 2 DIABETES
- CARDIAC REHABILITATION
- HIP&KNEE REHABILITATION (as text guide, not in software)

Benefits

- Scientific concepts contribute to exercise outcomes
- Sound exercise outcomes enhance the client’s quality of life
- Sound exercise outcomes improve the reputation and brand value of the facility
- Automation eliminates mundane tasks and saves time for professionals
- Safe science-based solution makes professionals feel secure
- Comprehensive easy-to-use solution with testing and training makes the work of the professionals clear and provides a smooth training experience for clients
- Automated solution enables group instruction, which saves time and improves profitability per client

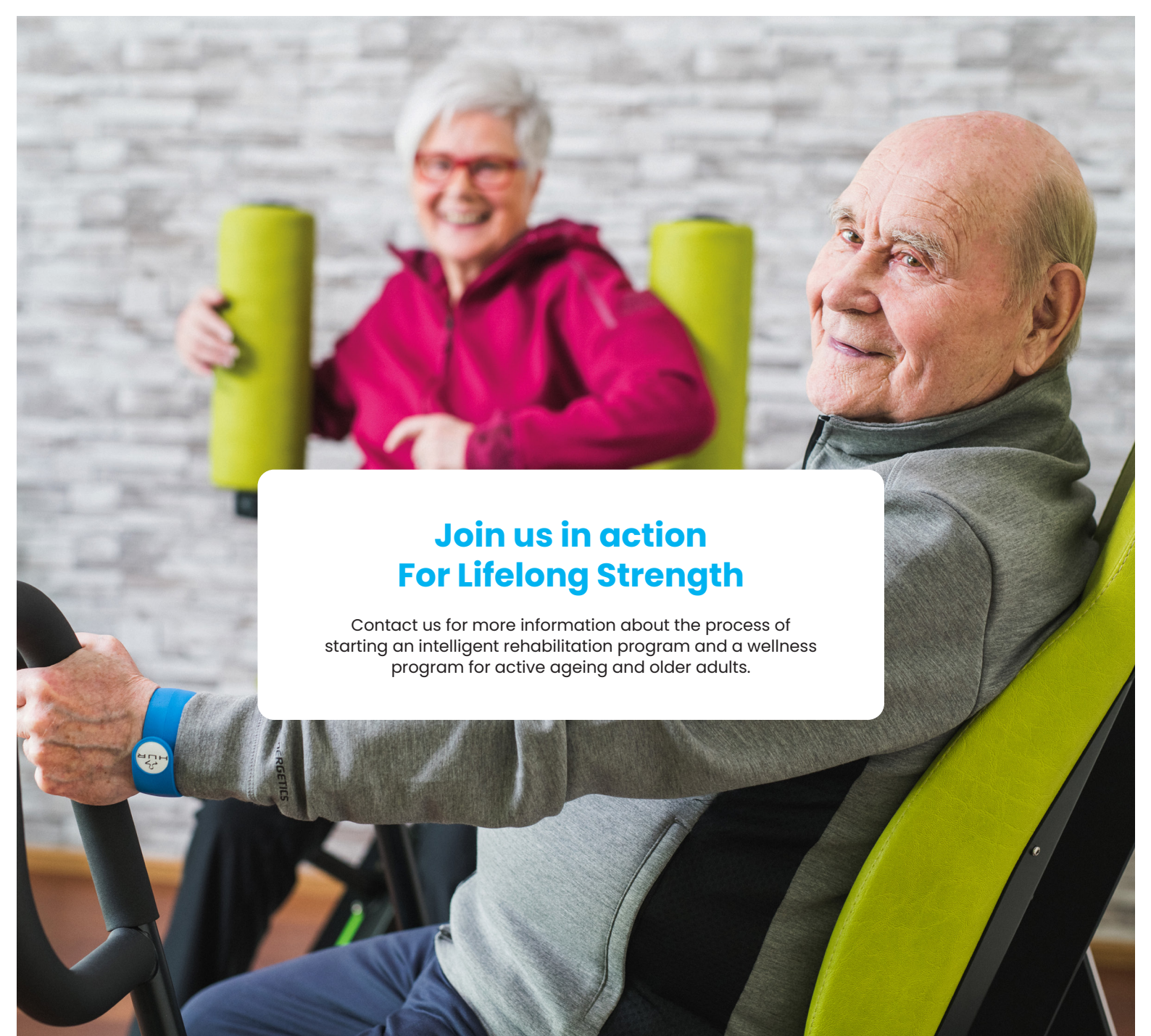
BACKGROUND

The **HUR Medical Concepts** have their origin in research findings from all over the world. In addition, we have made use of the experience, knowledge and understanding we have acquired through nearly 30 years of feedback and best practices we have encountered working with research

institutes, professionals and different organizations within these fields.

The author is Dr. Arto Hautala, Associate Professor of Physiotherapy and Rehabilitation, Faculty of Sport and Health Sciences, University of Jyväskylä. Dr. Hautala is a Physical Activity Guidelines Expert appointed by the Finnish Medical Society

Duodecim and the Executive Board of Current Care. Dr. Hautala is also chair and editor in the working group planning Finnish Current Care Guideline for exercise-based cardiac rehabilitation appointed by the Finnish Association of Physiotherapists



Join us in action For Lifelong Strength

Contact us for more information about the process of starting an intelligent rehabilitation program and a wellness program for active ageing and older adults.



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