

Age-friendly equipment features

The following information is designed to help you weave through the equipment maze enabling you to buy equipment that meets your needs. It will show you how to make your equipment choices based on your requirements and not that of the equipment salesperson.

Treadmills

- a. Display panel that is easy to read, use and understand. Yes No
- b. Easy to get on and off. Yes No
- c. Slow starting speed, ideally 0.5 mph, and low mph setting. Yes No
- d. Shock-absorbing deck. Yes No
- e. Emergency lanyard with belt clip. Yes No
- f. Low deck threshold. Yes No
- g. Long handrails. Yes No
- h. Minimal pre-programmed workouts. Yes No

Recumbent bikes/steppers

- a. Easy entry and exit. Yes No
- b. Easy-to-set control panel. Yes No
- c. Wide, comfortable seat, with armrest. Yes No
- d. Minimal pre-programmed workouts. Yes No
- e. Display panel that is easy to read, change and understand. Yes No
- f. Seat and arm adjustments that are easy to access and adjust. Yes No
- g. Keypad within easy reach. Yes No
- h. Long handrails. Yes No
- i. Wide, comfortable footrest. Yes No
- j. Low impact. Yes No

Elliptical machines

- a. Display panel that is easy to read, change and understand. Yes No
- b. Easy entry and exit. Yes No
- c. Easy-to-set control panel. Yes No
- d. Wide, comfortable footrest. Yes No
- e. Minimal pre-programmed workouts. Yes No
- f. Arm adjustments that are easy to access and adjust. Yes No
- g. Keypad within easy reach. Yes No
- h. Low impact. Yes No

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Strength equipment

- a. Easy and safe to operate. Yes No
- b. Low impact. Yes No
- c. Easily entered and exited by individuals with a variety of abilities, especially if seats and benches are not removable. Yes No
- d. Easy to determine where to sit and where to place hands and feet. Yes No
- f. Wider seats and benches for people who need a little extra surface to maintain balance. Yes No
- g. Adjustments that allow individuals of various body size and those with limitations to be in the proper position while exercising to prevent compromising the joints. Yes No
- h. Easily adjustable hand, seat and pad positions. Yes No
- i. Ability to change resistance from a seated position. Yes No
- j. Low starting resistance (less than 5 lbs.) Yes No
- k. Increase resistance ideally in 1-lb. or other small increments. Yes No
- l. Instructional placards with simple diagrams of people using the equipment, easy-to-read text and font, and correct usage information. Yes No

This information is brought to you compliments of the International Council on Active Aging



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