

Bariatric Pool Program

The **aquatic program** is an ideal place to introduce exercise and functional training. The buoyancy properties of water will assist you to perform activities that are difficult to perform on land.

Water therapy has been proven to be beneficial for reducing strain on joints and still provides benefits in flexibility, mobility and burns calories. The focus of the Bariatric Pool Program is to do all of these things: increase mobility, flexibility and reduce load bearing on the joints.



In order to begin any exercise program we want you to work closely with your physician to have him/her determine if you can benefit from our pool program.

Talk to your physician and find out if he/she endorses your participation in our Bariatric Aquatic Program. If the answer is yes he/she will then write you a **prescription** for Bariatric Aquatics Program and outline why he/she wants you to attend.



We have set aside pool times to insure that you will be exercising with other people who are struggling with weight issues and keep you comfortable as you begin the first part of increasing your activities.

For more information or to schedule an appointment call us at:

HealthSouth
171 Pine Street, Holyoke, Massachusetts
Telephone: 413-536-7824

