



Mr McKay and Tui

“It’s great to have this facility in Matamata. We enjoy the variety of exercises and the professional tuition with Tui.”

“There are no ‘barriers’ - it is free, it is non-threatening, and easy to participate in a group situation or use alone.”



Tui Priest

I have been working in the health and fitness/sport and recreation industry for the past 28 years. I work for Sport Waikato as an Active & Well Coordinator.

I am delighted at the way this facility is impacting on our community and look forward to meeting and working with you to create a more healthy and happy lifestyle.



Tui Priest

Sport Waikato Active & Well Coordinator
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Outdoor Exercise and Rehabilitation Facility

Pohlen Hospital
56 Rawhiti Avenue
Matamata

www.pohlen.co.nz



Outdoor Exercise and Rehabilitation Centre

This facility is comprised of innovative, specialised equipment that has been tailor made to suit our community's needs.

It is the hospital's aim to:

- increase the mobility of those in our community who are rehabilitating or have a disability
- provide encouragement to increase the strength, coordination, and balance of adults in our community, especially our seniors

The equipment is **free to use** and enjoy at your own risk. Initially a consent form for use of the equipment is required. The equipment is available during daylight hours seven days a week, to any adult in the wider community.

Tui Priest is the coordinator and will be on-site weekly to:

- promote this equipment
- educate potential users as to how to use the equipment safely and effectively. Results will be monitored for those persons using the equipment.

It must be stressed that this exercise equipment is intended for a gentle exercise regime. It is perfect for our Green Prescription and Active & Well clients. Both our doctors and physiotherapists are supportive of this project.

An information board at the facility will display session information.

Equipment

Air Walker



Cross Trainer



Health Walk



Leg Press



Obstacle Course



Ramp/Stair



Recumbent Cycle



Rider



Shoulder Press



Surfboard

