

Lakeland's Medical Fitness Program meets and exceeds these International Council on Active Aging (ICAA) guidelines for an older adult fitness facility

- Treadmills start slowly
- Recumbent bikes or steppers have wide and comfortable seats with armrests
- Extensive screening and assessment process based on your current abilities and prior medical history
- The facility's strength-building equipment has low starting weights and simple diagrams for correct usage information
- The facility offers programs designed to meet the needs of those with a variety of chronic conditions: osteoporosis, cardiovascular disease, diabetes, balance abnormalities, muscular weakness, and cancer survivors
- The staff is certified by a nationally recognized senior fitness organization to work with people who have various health issues that may arise with age or prior injuries



Lakeland Orthopedic Physical Therapy

3950 Hollywood Rd., Suite 140
St. Joseph, Michigan

Phone: 269.556.7150



Spectrum Health
Lakeland

spectrumhealthlakeland.org

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Medical Fitness



Spectrum Health
Lakeland

What is Medical Fitness?

A medical fitness center utilizes an individual's unique medical profile to design a safe and medically supervised fitness program to achieve optimal health. The medical fitness program at Lakeland is open to anyone interested in responsible fitness, but is designed primarily for individuals with medical risk factors due to injury, illness, disease, disability, or age.



The First Steps

A medical release will be requested from your physician at your initial evaluation. For your comfort during the initial assessment, please wear loose-fitting clothes and tennis/walking shoes. For your convenience, we have changing rooms and showers, as well as lockers and towels available.

For more information or to make an appointment, call **269.556.7150**.

Assessment and Follow-Up: At your initial medical fitness assessment and monthly follow-up appointments, highly trained and certified exercise specialists review your medical profile using the latest technology to test for strength, flexibility, cardiovascular endurance, and body composition.

The information obtained provides a precise assessment of your current level of fitness and will be used to design and monitor an individual exercise program. This process ensures the lowest possible risk of injury and maximizes the health benefits of fitness.



Staff: All of the medical fitness staff are four-year college graduates who are certified by the American College of Sports Medicine, the National Strength and Conditioning Association, the American Physical Therapy Association, or the National Athletic Trainers Association. They also have specialized knowledge in rehabilitation, sports performance enhancement, and injury prevention.

Equipment: With special cardiovascular and weight training equipment designed for rehabilitation and ease of accessibility, clients are able to start their programs with very low weights and progress in very small increments.

Cost

Initiation Fee - \$100

(includes detailed assessment by exercise specialist)

Fee waived for individuals coming straight from a Lakeland rehabilitation program.

- 25% discount for senior citizens
- 50% discount for Lakeland team members, physicians, volunteers, and/or their spouses
- 10% discount for two or more people who join together

Payment options

\$40 - monthly automatic withdrawal (credit card or bank account)

\$240 - six-month membership

\$440 - annual membership

The Medical Fitness Difference

The Lakeland medical fitness center strives to provide a friendly, safe environment and a staff knowledgeable in medical risk factors and safe exercise principles to help you meet your individual goals for fitness and wellness. Athletic trainers are also available for individual instruction and motivation, or if a member requires physical assistance with their exercise program.

