

Medical Referral Exercise Program



Want to... feel better? ...have more energy? ...exercise safely?
Ask about our **Medical Referral ExeRcise Program**

Why This Program?

The University Health Club's **Medical Referral ExeRcise Program** is based on the overwhelming evidence that physical activity plays a powerful therapeutic role in the prevention and management of many chronic health conditions. Instead of struggling to take on challenging lifestyle changes alone, this program provides opportunities to work together one-on-one with experts to create a tailored plan motivating you to exceed your health and fitness goals for a lifetime.

Who Are We?

Our mission is to get people moving, and you can rely on certified health and fitness professionals to live out that mission by working to alleviate inactivity-related diseases, one person at a time.

Director

Kelley Spelman, Ph.D.,
CHES, ACSM-EIM, ACE Certified
Health and Wellness Coach

Senior Manager

Brian Phillips, M.S.,
NSCA-CPT, ACSM-EIM

Facility Coordinator

Lindsay Pettis, M.S.,
ACSM-CPT, ACSM-EIM

Fitness Specialist

Shawn Ogle, M.S.

Other Facilities & Services Included with Membership to the University Health Club

- Swimming Pool
- Multi Purpose Gymnasium
- Group Fitness Studio
- Locker Rooms
- Saunas & Steam Rooms
- Machine Weight Training
- Free Weight Training
- Cardiovascular Training
- Racquetball & Squash Courts
- Olympic Training Room
- Café
- Wellbeats™ Fitness Classes
- Indoor Climbing Wall

UNIVERSITY HEALTH CLUB
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What Do We Offer?

Summary of the **Medical Referral ExeRcise Program**:

- ◆ Comprehensive 8-week exercise program for adults experiencing or at risk for chronic health conditions.
- ◆ Safe, Clean and Professional Environment.
- ◆ Referred Patient Cost is \$60 for 60 days.
- ◆ Pre & Post Comprehensive Health & Fitness Assessments.
- ◆ Health & Wellness Coaching.
- ◆ Supervised Exercise Sessions .

