

## *Wellness for Life* Fitness Program

The Wellness for Life fitness program is designed for people in the community who are interested in starting an exercise program in a healthcare setting with the supervision and support of an exercise specialist.

### **Benefits of Exercise**

Overall, exercise will help improve your quality of life. Regular exercise helps delay or prevent chronic illnesses associated with aging and helps maintain independence. Some of the other benefits you may gain from regular exercise include:

- Improved function of cardiovascular and muscular systems, making daily work and activities easier to perform.
- Increased quality of sleep, energy, strength and flexibility.
- Improved mood and reduced stress.
- Healthy levels of cholesterol, blood pressure, and body weight.
- Better control of blood sugars for individuals with diabetes.

### **Fitness Program Details**

Our staff help you develop an individualized exercise program and goals while evaluating and monitoring your blood pressure, blood sugars, weight and oxygen saturation levels. The program includes 12 sessions over the course of 6 weeks and is intended for those who have chronic health conditions, want to gain confidence to exercise independently or who have completed cardiac or pulmonary rehabilitation and would like to continue exercising.

Sessions are held on Tuesdays and Thursdays, 11 a.m. to Noon or 1 to 2 p.m. at the Bringgold Rehabilitation Center. *Limit of 2 program enrollments per year.*

### **Cost**

The Wellness for Life program is not covered by insurance. The cost of the program is \$100 for 6 weeks regardless of the number of times you attend.

### **Enrollment**

A physician's referral is required for participation. This is not needed if you recently completed Cardiopulmonary Rehabilitation in Cannon Falls. For more information or to reserve your spot, please call 507-263-9757.

