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# Know Your Numbers



## FITNESS CENTER ACTIVITIES

- Johnstown's Only Medical Fitness Center
- Single, Couple, Family Membership Packages
- Member Ages: 14 to 97 Years Old
- Staffed by Certified Exercise Physiologists
- Personal Training Available
- Supervised Clinical Exercise Programs Specific To: Obesity, Diabetes, High Blood Pressure
- Cardio and Strength Training Equipment
- Physician Exercise Program (P.E.P.)\*
- N.E. Body Program\*\*
- Indoor Walking/Jogging Tack
- Hydrotherapy Pool & Aquatics Classes
- Yoga and Group Exercise Classes
- Cardiac and Pulmonary Rehabilitation
- Earned National Distinguished Service Award from the Medical Fitness Association
- Named "Simply the Best" Health Club for 8 Years

### Physician Exercise Program (P.E.P.)\*

PEP help participants make healthy lifestyle changes through a specially designed exercise program, supervised by exercise physiologists and nutritional counseling with a registered dietician.

During your three-month enrollment period in the program, you will get two one-hour supervised exercise sessions per week and have full access to HealthStyles seven days per week. Progress reports will be sent to your physician during the program as well as at the end.

### N.E. Body Program\*\*

The "N.E. Body" program is a nutrition and exercise wellness program promoting healthy lifestyle and weight loss. The advantage of this program is that it is structured and supervised by exercise physiologists and a registered dietician. The program includes a personalized exercise plan, 36 supervised exercise sessions, two dietary consultations, unlimited use of HealthStyles and personal progress reports tracking your fitness and weight loss progress.

Call (814) 467-3632  
For Membership & Additional Information

Visit Us [www.windbercare.org](http://www.windbercare.org)

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