

Wellness Program

at Davidsville Physical Therapy Clinic & Fitness Center

The Wellness Program is designed to help you make healthy lifestyle changes through a specifically designed exercise program or transition from PT to an independent exercise program.

You will be supervised by exercise physiologists and provided one-on-one guidance. The Wellness Program is a monthly program lasting up to three months total before transitioning to a regular gym membership or personal training. The program is 60 dollars monthly for up to three months (180 dollars in total for full program) and is a self-pay program.

WHAT IS INCLUDED IN THE WELLNESS PROGRAM?

- Exercise physiologists who will help you incorporate exercise to reduce your risk of disease and live a healthier lifestyle
- Two, one-hour supervised exercise sessions per week
- Full membership privileges at Davidsville Physical Therapy & Fitness Center (during your enrollment in the Wellness Program)
- Home exercise program
- Information about personal training services
- One screening and two free follow-ups with a physical therapist
- Goal setting assistance
- Blood pressure, HR, BMI, and weight monitoring, and client education



WHAT ARE THE BENEFITS OF OUR WELLNESS PROGRAM?

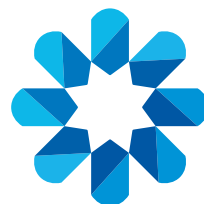
Studies show that regular exercise helps:

- Lower blood pressure
- Lower triglycerides
- Increase HDL - or "good" cholesterol
- Improve insulin sensitivity and manage glucose levels
- Improve function and activities of daily living

WHY PARTICIPATE IN REGULAR EXERCISE?

- 69% of US adults are overweight
- 35% of US adults are obese
- Two of three adults have metabolic syndrome (high blood pressure, abdominal obesity, elevated triglycerides, low HDL, abnormal blood glucose levels)
- Exercise may help you decrease dependence on medications to control high blood pressure, cholesterol, and blood sugar

**For more information
or to sign up for our
Wellness Program,
call 814-479-5299.**



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