



*Move forward.*



Owensboro Health  
Healthpark

# INNOVATIVE PROGRAM! Exercise is **MEDICINE**

**EXERCISE IS MEDICINE is an 8 week supervised exercise program at Owensboro Health's Healthpark, the only certified Medical Fitness Facility in the state of Kentucky. This program was developed by the American College of Sports Medicine as a health strategy for the general public and to promote collaboration between health care providers and exercise professionals.**

## **Who is this program for?**

Any person who has identified health risks and is ready for a commitment to lifestyle change with exercise can be referred to the EIM program by their physician. Many times physicians will tell their patient to exercise in order to improve their health, manage a condition, or to avoid disease but the patient lacks the tools and expertise to exercise safely and correctly.

## **What is involved in the program?**

If the patient is committed to make the change, they can enroll in the EIM program. The patient will meet with a member of the Healthpark's 'Exercise Is Medicine' team to go through a fitness assessment to determine current levels of fitness and activity as well as to discuss strategies to exercise safely and effectively to reach personal goals. A certified trainer will develop an exercise prescription and explain and demonstrate any and all prescribed exercises. The trainer will then stay in touch with the patient weekly over the next 8 weeks to provide coaching, encouragement, and support as the patient adopts a healthy lifestyle. The program will conclude with a post fitness assessment to determine progress and how to continue their exercise program. During this entire time, the trainer will work together with the referring physician to stay in touch with weekly updates on patient progress and success.

## **What is the cost of the program?**

The cost for the 8 week supervised program and membership to the Healthpark is \$50.

## **How do I get started?**

A physician referral is required for the program. Please speak with your physician regarding your interest and to see if this program would be right for you. Success for the program only comes from a commitment to follow through for the entire 8 weeks. If you cannot, or would not, be committed to see the program through, it would be best to wait until you feel you can make the commitment to change.

## **Benefits of the program include:**

- Improved mental and physical health
- Exercise enhances the immune system and reduces the risk of disease
- Lowers stress levels and helps manage stress
- Weight loss
- Helps relieve anxiety, tension, and depression
- Decrease in blood pressure
- Stabilizes blood sugar for diabetic patients

## **Questions?**

Please contact Amber Kempf, Exercise Referral Specialist (270) 688-3224  
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