



EXERCISE IS MEDICINE®

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Owensboro Health has partnered with Exercise Is Medicine® (EIM), a community impact program of the American College of Sports Medicine, to make physical activity assessment and promotion a standard clinical care. The Owensboro Health Healthpark, the only certified medical-based fitness facility in Kentucky, offers an eight week supervised evidenced-based exercise program with qualified exercise professionals for those at risk for chronic disease.

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 eight 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.

What is the cost of the program?

The cost for the eight 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 eight 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



**AMERICAN COLLEGE
of SPORTS MEDICINE®**



For questions, contact the Healthpark front desk at 270-688-5433.