

## Lakeland HealthCare Offers Southwest Michigan's Premier Medical Fitness Program

Lakeland's Medical Fitness program is unique in its ability to care for clients with complex medical problems. It is designed for individuals with medical risk factors as a result of injury, illness, disease, disability or age, with the goal of achieving return to optimal health. Cardiovascular disease, diabetes, osteoporosis, arthritis, orthopedic injuries, obesity-related problems and various age-related difficulties are typical reasons why physicians refer patients to the program. In some circumstances, physical therapy is not required to improve the overall health status in this population, but rather a structured, supervised exercise program designed specifically around an individual's needs.

All prospective clients should bring a medical release or prescription from their physician to assure that it is safe for the individual to commence exercising. Medically trained professionals conduct a comprehensive fitness assessment for each client, while using the latest technology to test for strength, flexibility, cardiovascular endurance, body composition and



balance. All Lakeland medical fitness staff are certified athletic trainers or have a degree in exercise science. They all have specialized knowledge in rehabilitation, injury prevention and advanced fitness techniques.

One of the key benefits of this program is that participants receive thorough, one-on-one fitness instruction and training in correct exercise techniques. In addition, the medical fitness staff is continuously accessible for individual or group training, including questions concerning exercise programs and physical assistance. Participants in the program have access to special cardiovascular and weight training equipment designed for rehabilitation and ease of accessibility.

### Additional services at select locations include:

- Senior exercise classes
- Tai Chi for arthritis
- Nutrition counseling
- Massage therapy

**Lakeland Orthopedic Physical Therapy**  
**(269) 556-7150, Center for Outpatient Services,  
St. Joseph**



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