

MOVE! Because You're Worth It

Finally!! An exercise program developed with you in mind!

We especially created **MOVE!** for you to give you individually-tailored exercise training that is motivational, fun, and challenging -- for anyone of any fitness level.

MOVE! is a medically-supervised exercise program that will help you build strength and cardiovascular endurance. For your safety, every exercise will be modified to your exact fitness level as determined by our experts. All you need is a good pair of shoes and comfortable clothing, then catch the **MOVE!** spirit the moment you enter our gym.

CHI St. Joseph's Health Weight Management Center works to make the communities that we serve healthier places to live. Programs such as our **MOVE!** exercise experience work to improve lives and give participants the tools they need to meet and sustain their health goals.

03.30.16

Because You're Worth It



Weight Management Center

600 Pleasant Avenue
Park Rapids, MN 56470
P 218.237.5757 or 1.800.566.3311
www.CHISJH.com



An Exercise Program Sponsored by CHI St. Joseph's Health Weight Management Center



Weight Management Center

WHO

An exercise physiologist, strength and conditioning specialists/athletic trainers, physical therapist assistant, and the team at CHI St. Joseph's Health Weight Management Center will work to help you achieve your healthy lifestyle goals.

WHAT

Initial intake interviews with **MOVE!** staff to review your medical history and body composition. You set your own personal goals.

WHERE

MOVE! classes are held at CHI St. Joseph's Health Physical Rehabilitation and Fitness Center gym located in the hospital's lower level (north).

WHEN

Enjoy 45-minute sessions twice weekly. Call 218.616.3000 to find out which classes will work best for you.

COST

Initial intake interview: \$40.00
Punch card options available.

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At your Service

Please feel free to use our locker rooms complete with walk-in showers and private bathrooms.

Towels, water, and individual adaptations are included at every **MOVE!** session.



Because You're Worth It

Each **MOVE!** session begins with a warm-up period of low-intensity cardio exercise and stretches. You will then participate in a variety of exercises including strength training, cardio, core stability, and balance training.

Staff will monitor your progress and challenge you as indicated. Together we will celebrate your success. We hope to make these sessions motivational, inspirational, and fun, so bring your **MOVE!** spirit and awesome attitudes.

Together let's **MOVE!** mountains!

Do it
For YOU!

