

Lifestyle Medicine & Fitness Center Prescriptive Exercise Program

Lifestyle 365®



What is Prescriptive Exercise?

At Valley Fitness Center, we believe that education is the foundation to adopting a fitness routine. Together with Technogym® My Wellness software, a certified exercise specialist (ES) develops a fitness program based on your biometric measurements, fitness assessments and SMART goals. This program allows you to work toward your fitness and wellness goals on your schedule, using an ES to guide you safely as you progress.

What assessments are involved?

To help set your first SMART goals when you begin your Lifestyle 365® program, we will assess your:

- Height & weight
- Body composition
- Blood pressure
- Resting heartrate
- 7-site circumference measurement
- Aerobic capacity
- Upper body strength
- Lower body strength
- Lower body flexibility
- Functional movement

To keep you moving forward, when you meet your SMART goals, we'll help you set new ones.

Every two weeks, your ES will check your progress and make sure you have what you need to help you meet your goals.

What tools will I need to be successful?

Lifestyle 365® includes a Technogym® SmartKey, programmed with your customized fitness program. Just follow your Smartkey's instructions for cardio and weight training throughout your workout. Your ES will train you so that you are comfortable using your SmartKey and Technogym® equipment included in your workout.

Create your account on mywellness.com for your ES to create your personalized program. Complete the Aspiration Map as well to help your ES learn what activities you enjoy.

Keep track of your activity outside of the gym on your smartphone with the MyWellness app, available from the Apple App Store or Google Store.

A Polar heart rate monitor, available online or at any sporting goods store, will help you track your training heart rate to insure you are working within your desired range.

Properly fitted, comfortable running shoes are best for your workouts. If your shoes don't fit well, you may suffer foot, knee or hip injuries due to muscular imbalances. Visit a local running store to be fitted for a shoe that can support your gait and natural motion of your foot during activity.

Lifestyle 365® fee schedule

Lifestyle 365®'s prescriptive exercise program offers you professional guidance and oversight while helping you learn to make healthy exercise a part of your life. Compared to personal training which can cost more than \$75/hour, Lifestyle 365® is a more affordable option.

Basic Membership and Enrollment Fees

Valley Fitness Center \$75 + tax per person
Lifestyle 365® \$149 + tax per person
(includes Fitness Center enrollment + \$74 assessment)

Cost of Services

Valley Fitness Center \$51.50 + tax per month
Lifestyle 365® prescriptive exercise \$90.50 + tax per month
(includes \$51.50 for Fitness Center)

Physical therapy Insurance billed

Medical nutrition therapy Insurance billed

For Healthy Foundations graduates, the enrollment & assessment fees are waived.

Nutrition Workshops

Workshops on a range of nutrition topics are available to Lifestyle 365® clients at no extra cost.

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MEDICAL WELLNESS