What is Lifestyle 365®?

Lifestyle 365® is the ultimate prescriptive exercise program. After a comprehensive assessment evaluating your lifestyle and overall health concerns, you’ll receive a high quality, individualized program.

Learn how your body responds to different types of exercise and gain the knowledge to sustain long term change through:

- Heart rate-monitored workouts
- Weekly check-ins
- Monthly re-assessments

Take the guesswork out of what your body needs to reach your health goals and join Lifestyle 365.

What assessments are involved?

Lifestyle 365 begins with screening and assessment which involves baseline measurements of:

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

SMART Goals are assessed, ensuring that you are continually progressing toward meeting your goals and setting new objectives when initial goals are reached.

Biweekly touchpoints are coordinated with an exercise specialist, ensuring that your program is hitting desired outcomes.

The tools you’ll use for success

Lifestyle 365® uses a cloud-based app called MyWellness by Technogym

- Review past or upcoming workouts
- See what classes are available
- Track your progress
- Sync data from other wearables or fitness software
- Receive a Scosche HR armband which displays your heart rate live in the facilities and records in MyWellness
- Receive a key linking your workout program with our Technogym exercise equipment, making getting started and staying on track easier than ever
24-hour fitness facility access

Members receive 24-hour access to state-of-the-art facilities in Renton, Maple Valley and Covington. Exercise is supervised during clinic hours. Your Lifestyle 365 program is documented in Valley Medical Center’s electronic medical record, allowing your primary care provider to view your progress and find new insights.

Lifestyle Medicine services

Getting you on track both physically and mentally is essential to long term success. Your exercise specialist may recommend meeting with a Lifestyle Medicine physical therapist or registered dietitian to support your care plan and goals. These additional services can be billed through your insurance, as well as through a variety of cash pay options.

About our exercise specialists

Our exercise specialists are licensed professionals with credentialing from the American College of Sports Medicine. Their expertise around disease management, physical dysfunction and clinical exercise prescription allows unmatched quality care.

Invest in your health with Lifestyle 365

Cost to enroll

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valley Fitness Center enrollment fee</td>
<td>$75</td>
</tr>
<tr>
<td>Lifestyle 365 assessment fee</td>
<td>$74</td>
</tr>
</tbody>
</table>

Enrollment total ................................................................. $149

Monthly membership fee

Includes Lifestyle 365 prescriptive exercise program and fitness center membership ..................................$149/month

Take the next step

- **Attend a free Lifestyle Medicine Information class.** Register at [valleymed.org/stayhealthy](http://valleymed.org/stayhealthy)
- **Register for a Lifestyle Medicine consultation.** Meet with a Lifestyle Medicine exercise specialist and physical therapist to talk about where you are on your path to wellness. They will perform a thorough Health Risk Assessment and an in-depth screening, as well as evaluate your modifiable health factors such as sleep, stress, diet and exercise. This visit can be billed through insurance.

LOCATIONS

Renton
4011 Talbot Rd. S
1st Floor
Renton, WA 98055
P: 425.690.3520
F: 425.690.9520

Maple Valley
24060 SE Kent Kangley Rd.
Suite D-100
Maple Valley, WA 98038
P: 425.690.3522
F: 425.690.9522

Covington
17307 SE 272nd St.
Suite 126
Covington, WA 98042
P: 425.690.3521
F: 425.690.9521

Lifestyle Medicine & Fitness Center

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