

Lifestyle Medicine Prescriptive Exercise Program

Lifestyle 365®



What is Lifestyle 365®?

Lifestyle 365® is a medical program designed to address whole health primarily through exercise and behavior change. This approach of prescriptive exercise allows our licensed exercise physiologists to dose exercise frequency, intensities, time and type to establish a comprehensive plan similar to how a physician would prescribe medication.

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 heartrate
- 7-site circumference measurement
- Aerobic capacity
- Upper body strength
- Lower body strength
- Lower body flexibility
- Functional Assessment

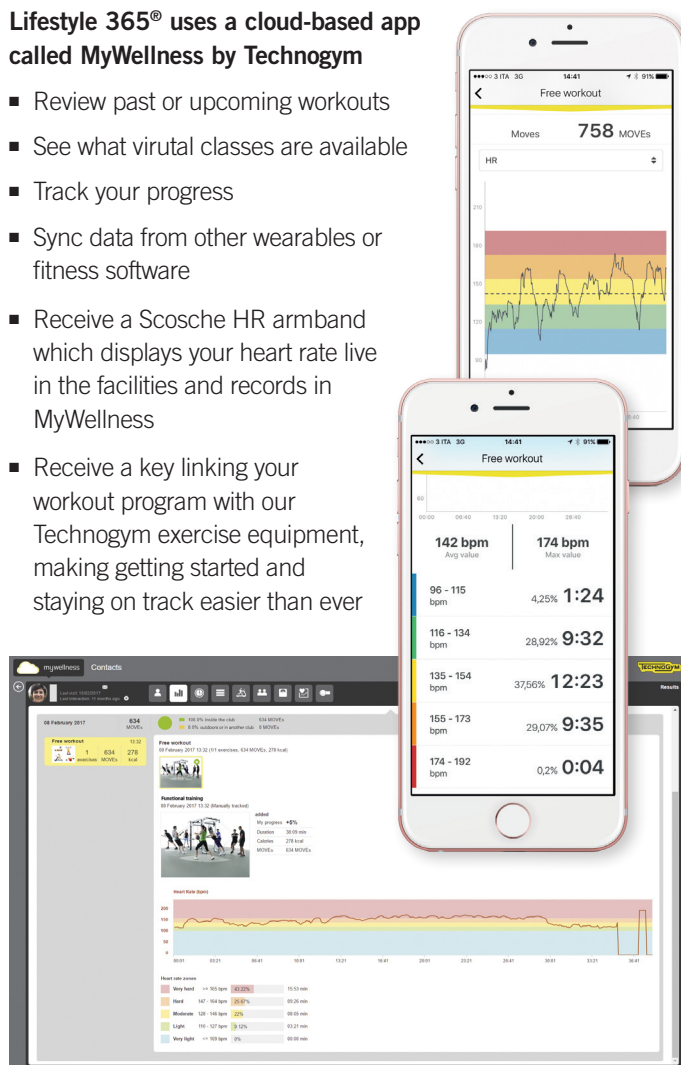
SMART Goals are assessed, ensuring that you are continually progressing toward meeting your goals and setting new objectives when initial goals are reached.

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 virtual 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



Lifestyle Medicine & Fitness Center
UW Medicine | VALLEY MEDICAL CENTER

POWERED BY  **PINNACLE**
MEDICAL WELLNESS

Every change needs a beginning— start yours with us today!

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.

Take the next step

- **Attend a free Lifestyle Medicine Healthy Care Session**
Register at 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.
- **Schedule a free Start session** to meet with an exercise specialist to identify where to start and get a facility tour.



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



**TAKE THE
NEXT STEP
TO ENJOYING A
MORE ACTIVE,
HEALTHY LIFE!**



Our Mission

Through our wellness specialists team, the mission of Lifestyle 365 is to educate and empower people to reach their goals and wellness visions now, while learning how to live healthfully for the rest of their lives.

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