



MISSION:
Transform
medicine to
reduce the
burden of
chronic
disease





Lifestyle Medicine Service Line



Nutrition and
Diabetes
Counseling

Medical
Fitness
(Lifestyle 365)

Physical
Therapy

Cardiac
Rehab

Pulmonary
Rehab

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Lifestyle Medicine Service Line



Medical
Fitness
(Lifestyle 365)

Cardiac Rehab

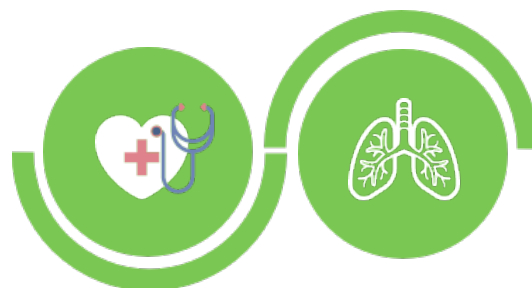
Pulmonary
Rehab

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Lifestyle Medicine Service Line



Cardiac Rehab

Pulmonary
Rehab

Lifestyle Medicine Service Line



Cardiac Rehab



- 2023 – Qualipalooza Innovation award Winner!
 - Improved engagement
 - Patient facing Heart Rate monitoring
 - Monthly objective goal setting
 - Integrated strength training
 - New group education format

Outcomes during the 12-week program

VO2max (mL/kg/min)		
	Initial	Final
Average	22.6	29.6
Change over program	31%	7 mL/kg/min
Class	Poor	Average

Grip Strength (kg)		
	Initial	Final
Average	33.57	36.67
Change over program	9%	3.1 kg
Risk Class	Moderate	Average

Lifestyle Medicine Service Line



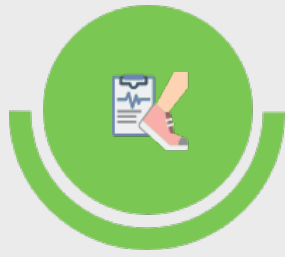
Pulmonary
Rehab

12-Week Program

- Tuesday/Thursday
- Group Education
- Cardio and Strength focus

Qualifying Dx

- COPD
- Long COVID-19 symptoms
- Emphysema
- Bronchitis

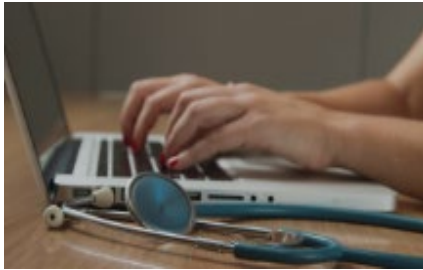


Medical
Fitness
(Lifestyle 365)



Lifestyle365

MEDICAL FITNESS BY  **PINNACLE**
MEDICAL WELLNESS



Medical Grade Evaluation



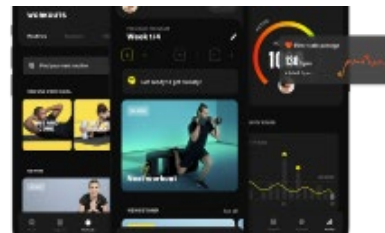
**Medical Grade Exercise
Prescription**



Support positive change



**Excellent Customer
Service**



Data Driven



Technology guided

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Refer to
Lifestyle
Medicine



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