

Fresh Start

Exercise and Education Program

Saint Elizabeth's Wellness Center Expands

Saint Elizabeth's newly expanded wellness center is now located in the lower level of Saint Elizabeth's Medical Center in the space formerly known as Kennedy Hall. The wellness center features many new exercise and educational resources including:

- *Three times more space*
- *Extensive array of cardio, strength, and flexibility equipment & resources*

Program Components

Consultation with exercise specialists:

Saint Elizabeth's has designed an individualized approach to developing a lifelong commitment to regular exercise.

- Initial consult reviews pertinent medical history including: diagnoses, risk factors (for pre-diabetes, cardiovascular disease, obesity, etc.), medications, orthopedic limitations, psychosocial assessment, etc.
- An individualized exercise plan/prescription is then developed based on recommendations from the American College of Sports Medicine and the American Diabetes Association.
- Goals are established to meet the specific needs of each individual (Activities of Daily Living, Body Mass Index (BMI), exercise duration, and intensity).



8-week education/support/monitored exercise series:

Participants engage in an intensive program of education, goal setting, monitored exercise, and support. Participants have access to the wellness center where they are monitored by exercise specialists. Monthly reports are sent to your primary care provider for his/her approval and recommendations.

What is disease management?

A coordinated system of preventive, diagnostic, and therapeutic measures intended to provide cost-effective, quality health care for a patient population who have, or are at risk for, a specific chronic illness or medical condition.

What chronic diseases do we treat?

- **Coronary Artery Disease**
- **Valve Disease**
- **Congestive Heart Failure**
- **Angioplasty/STENTS**
- **Diabetes**
- **Hypertension**
- **Obesity**
- **High Cholesterol**
- **Inactivity**
- **Pre-diabetes**
- **Pulmonary Disease**
- **Metabolic Syndrome**

Program Components

Exercise Sessions:

Participants attend three days/week for 8 weeks of supervised exercise. During the first exercise session the staff will monitor EKG, vitals, glucose, weight, and oxygen. Remaining sessions will consist of monitoring vitals only. Participants will start out slowly and will progress as tolerated.

Education Sessions:

Your Heart and How it Works - Participants will learn the basics of heart anatomy (atria, ventricles, valves, coronary arteries, etc.) and physiology (blood flow through the heart and lungs). They will then learn how this is applied to each of their own heart diagnoses. In addition, they also learn the pathophysiology of atherosclerosis and heart disease

Take Charge! Identify and Modify Your Risk Factors - Participants will learn what the major risk factors for heart disease are and will be able to identify those that specifically pertain to them. Of these, they will then learn which risk factors they can modify, and those they cannot. Participants will also learn ways to reduce/control those that can be modified

Introduction to Pre-Diabetes or Weight Management - Session highlights risk factors for pre-diabetes, macro nutrients effect on blood glucose, statistics of pre-diabetes, how to prevent diabetes, who should be screened for diabetes, and tracking progress. As well as why we need to achieve a healthy weight, what is a healthy weight (review of BMI), and realistic expectations.

Nutrition Care of the Heart/Healthy Meal Planning - Session will review diet versus lifestyle change, building skills and confidence in choices, record keeping (importance of accuracy in food diaries), how to review and look for patterns in food records, and looking for high risk situations or triggers for eating.

Exercise and your Heart: Home Exercise Program - Participants will learn the concepts behind developing an exercise prescription and will leave with their own personalized exercise program tailored to meet their individual needs.

The Maze of Reading a Food Label - Session addresses key components to look for on a food label. Participants will review of label terminology and how to use the food label to optimize healthy food selection.

Medications - Participants will meet with our pharmacist in a classroom setting for an open forum/discussion on all related medications, vitamins, minerals, supplements, etc. Benefits, side effects, doses, and other valuable information of metabolic syndrome related products will be addressed at this time

Mid-term and Discharge Evaluations:

- Review progress of initial plan/goals
- Implement new goals (if needed)
- Reassess education needs
- Develop maintenance program
- Gather and analyze evaluations & feedback



Maintenance Program:

Participants will be followed to measure the impact of early intervention. Coaching and peer mentoring will ensure that participants remain motivated, progress toward their goals, and do not relapse. Participants will be able to continue exercising in the wellness center after completion of the 8 week program at a reduced rate.



Wellness Center Features & Benefits

- Physician involvement
- 20 pieces of cardio-equipment
- 5 strength stations and free weights addressing all major muscle groups
- Staffed by exercise specialists
- Personalized approach to care and treatment
- Support network

How do I get started?

Obtain a referral from your primary care provider (the exercise staff can help with this). Once a referral is made, our staff will contact you to set up your free initial consultation.

Our wellness center staff will be happy to answer your questions and assist you.

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