



## Medical Fitness

# Your path to a healthy life

Safe & effective exercise strategies created specifically for those navigating health issues, medical conditions or chronic disease at Edward-Elmhurst Health & Fitness.

### Medical Fitness Pathways:

Active Aging

Bone & Joint

Cancer

Cardiorespiratory

Diabetes

Falls Prevention

Injury Recovery

Mind-Body

Neurological

Pre/Post-Natal

Pre/Post-Surgery

Weight Management

For only **\$60**, our **60-day Medical Fitness Membership** can get you on your way to reducing risk factors, easing symptoms or just moving and feeling better!

### Medical Fitness Membership Benefits

- ▶ Full access to our fitness center
- ▶ Guidance from degreed and nationally accredited staff
- ▶ Initial and post-program Medical Fitness assessment
- ▶ Individualized exercise program based on your needs and levels
- ▶ Cardio and strength equipment for all levels
- ▶ Indoor track, therapy, lap & whirlpool, sauna, steam room and spa services
- ▶ Variety of free fitness & aquatic classes including selections for those 55+
- ▶ Discounts on Personal Training & medically-based classes

The Medical Fitness Program is unique to Edward-Elmhurst Health & Fitness. Please contact us at [medicalfitness@eehealth.org](mailto:medicalfitness@eehealth.org) or **(630) 646-7902** for next steps.

**Physician Referral Required.**



For information about our community fitness partners, please contact C.W. Avery Family YMCA in Plainfield, at (815) 267-8600 x239, Elmhurst YMCA, at (630) 834-9200, [elmhurstwellness@ymcachicago.org](mailto:elmhurstwellness@ymcachicago.org) Courts Plus in Elmhurst, at (630) 782-4958, [courtplus@epd.org](mailto:courtplus@epd.org).

**Healthy Driven™**  
**Edward-Elmhurst**  
HEALTH & FITNESS

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