



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:

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|--------------------|------------------------|-------------------|
| Active Aging | Diabetes | Neurological |
| Bone & Joint/Spine | Falls Prevention | Pre/Post-Natal |
| Cancer | Injury Risk & Recovery | Pre/Post-Surgery |
| Cardiorespiratory | Mind-Body | 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 (6600 IL Route 53, Woodridge)
- ▶ 4 FREE Consultations to map out your health & fitness goals
- ▶ Guidance from our degreed and certified Fitness Staff to assist along the way
- ▶ Over 100 fitness & aquatic classes INCLUDED to keep you moving
- ▶ Variety of cardio and strength equipment for all levels
- ▶ Trial access to specialized & medically-based classes to support your health journey
- ▶ Discount on Personal Training for help navigating your individualized needs
- ▶ Convenient indoor track, lap, therapy & whirlpool, steam rooms, sauna and Spa Services

The Medical Fitness Program is unique to Edward-Elmhurst Health & Fitness in Woodridge. Please contact medicalfitness@eehealth.org or **(630) 646-7902** for next steps OR scan the QR Code for more details.



Referral is required - talk to your EEH Provider today!

Referral is also accepted at our community fitness partners who offer exercise options to support your health & wellness goals:

- C.W. Avery Family YMCA in Plainfield
- Galowich Family YMCA in Joliet
- Elmhurst YMCA
- Courts Plus in Elmhurst

Healthy Driven
Edward-Elmhurst
HEALTH & FITNESS

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