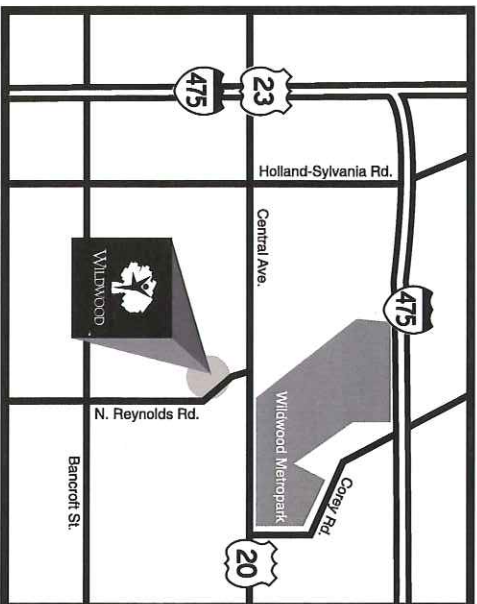


ProMedica Script4Fitness

Wildwood Athletic Club's Script4Fitness program launched as a result of recommendations from the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) to encourage all physicians to counsel patients about physical activity. Integrating just 30 minutes of exercise per day can help prevent and treat numerous chronic conditions, such as high blood pressure, diabetes, and joint pain.

This medically-based physician exercise referral program is the first of its kind in northwest Ohio and provides a unique opportunity for community members to join a custom exercise program to enhance their health.



PROMEDICA PHYSICIAN GROUP



**WILDWOOD
MEDICAL CENTER™**

**Wildwood Athletic Club
2865 N. Reynolds Rd., Ste. 100
Toledo, OH 43615**

419-539-0235

Fax: 419-539-0239

www.wildwoodathleticclub.com

A Proactive Partners managed club



Restrictions apply, see program representative for details.

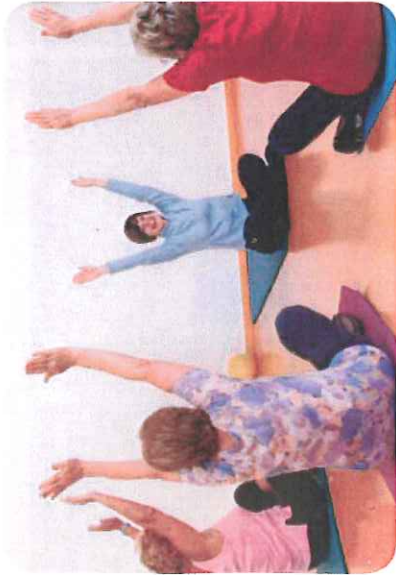
ProMedica Script4Fitness

Ask your doctor for more information!



**WILDWOOD
MEDICAL CENTER™**





Who can benefit from ProMedica Script4Fitness?

Anyone who has a health concern and would like to incorporate exercise into their lives can benefit from participation in ProMedica Script4Fitness. This exercise program improves participants' mood, energy level, range of motion, strength, flexibility, aerobic capacity, stamina, daily functional capacity, and can help manage disease and illness. If you would like to lead a healthier life then you are a candidate for the ProMedica Script4Fitness program.

How do I join the program?

If you are interested in joining ProMedica Script4Fitness program, ask your physician to write you a referral to the program, or stop by Wildwood Athletic Club to complete an interest form. The program coordinator will call to schedule your first appointment within 48 hours.

What is ProMedica Script4Fitness?

The ProMedica Script4Fitness program is a 60-day small group exercise program customized for individuals interested in integrating exercise into their lives. The program consists of medically-based 45 minute exercise sessions, on both land and/or in the water. Each class is led by a degreed, licensed, certified wellness coach. Physicians write a referral for candidates interested in the program and then outcomes are reported back to the referring physician at the completion of the program.

What is the cost?

The ProMedica Script4Fitness program costs only \$60 for 60 days. In addition to customized classes, participants have full access to Wildwood's vast array of health and wellness offerings while active in the program.

What happens at the end of the program?

When the participant completes ProMedica Script4Fitness, the program coordinator will send a progress report to the participant's referring physician. The wellness coach will then offer a personalized written program and Fit Kit for the participant to follow at home. If the participant would like to continue to exercise at Wildwood Athletic Club after the program's completion, the Club will waive the joiner's initiation fee.

Testimonial:

"The major diseases of our time revolve around cardiovascular risk factors and cancer. It is now undisputed that staying physically fit has a major preventive impact on things like diabetes, hypertension, cholesterol, obesity and breast cancer. The most effective, inexpensive and first-line treatment is right under our gym clothes! Indeed exercise is medicine."

David James, MD
Vice President, Medical Affairs,
ProMedica Physician Group



ProMedica Script4Fitness

Patient Information

PRINT NAME	(Last)	(First)	(MI)
DATE OF BIRTH	PATIENT SS NO.		
RESPONSIBLE PARTY/GUARANTOR			
PATIENT ADDRESS	PHONE		
CITY, STATE, ZIP	SEX		

Please Enter all DIAGNOSES/SYMPTOMS

PHYSICIAN/PRACTIONER'S SIGNATURE

X

ProMedica Script4Fitness

Evaluate and Develop Exercise Plan

Specific Instructions: _____

Precautions: _____

**Fax this form to Wildwood Athletic Club at 419-539-0239.
Patient will receive call to schedule evaluation.**



**WILDWOOD
MEDICAL CENTER™**

**PROMEDICA
PHYSICIAN GROUP**

Members of
**PROMEDICA
HEALTH SYSTEM**

Wildwood Athletic Club
2865 N. Reynolds, Ste. 100
Toledo, Ohio 43615
419-539-0235

www.wildwoodathleticclub.com
A Proactive Partners managed club

