

Take control of your health!
 Call our office at 231.873.3577
 to take the first steps
 in becoming healthy!



Lakeside Rehab & Family Fitness
 WELLNESS PRESCRIPTION



Patient Name: _____ Date: _____
 Phone Number: _____ Date of Birth: _____

Step 1: Land or Aquatic Based

Land Track \$60 Aquatic Track \$75

Step 2: Wellness Prescription Track (One Track ONLY)

Arthritis Pain Track Specialty Tracks: _____
 Diabetic Pre-Surgical Healthy Heart(phase 3-4) Pulmonary
 General Health Weight Management Cancer

Step 3: Please Check all that apply

I am not aware of any contraindications toward participation in supervised fitness program.
 I believe the applicant can participate, but I urge caution because: _____
 The applicant should not engage in the following activities: _____
 I recommend the applicant participate without any restrictions or contraindications.
 Additional Instructions/Precautions: _____
 Protocol Specific Instruction: _____

Step 4: Authorization Required

Physician's Name: _____ Signature: _____
 Phone Number: _____ Fax Number: _____ Date: _____

Step 5: Complete Forms and Fax to Number below

Lakeside will schedule first appointment.
www.lakesiderehab.com
 Completed Forms Fax to number below
(231) 873-3557

Lakeside Rehab
 601 E. Main St.
 Hart, MI 49420
 (231) 873-3577

Lakeside Family Fitness
 39 State St.
 Hart, MI 49420
 (231) 873-3566

Illness & Wellness Life Style Center

**Bridging the gap between
 health care providers and
 your wellness!**

**8 Week Programs Designed
 to help You Take Control of
 Your Health ~**

Don't let your health control you!

- General Health Track**
- Aquatic Track**
- Arthritic (Aquatic/Land) Track**
- Pain Track**
- Pre-Surgical Track**
- Diabetes Track**
- Weight Management Track**
- Specialized Programs ~**
- Heart Healthy**
- Cancer**



Lakeside Comprehensive Rehabilitation

601 E Main Street • Hart, Michigan 49420
 P: 231.873.3577 • F: 231.873.3557

Lakeside Rehabilitation Family Fitness

39 S State Street • Hart, Michigan 49420
 P: 231.873.3566

www.lakesiderehab.com



*Two Facilities, One Goal:
 Helping You Live Life To Its Fullest!*

Supervised Wellness Program

This is a **Team Driven Program** that promotes healthy lifestyle changes in you while promoting awareness and introduction to exercise. This allows you to work closely with a fitness team while under the guidance of your physician. Our team is here to help motivate you and help restore your level of healthiness while gently guiding you through the process.

Each client will receive a health assessment, screening and measurements from the fitness specialist prior to starting and upon completion of the program. This pre and post intake assessment information is shared with your primary care physician.

We will constantly check, monitor and track your blood pressure, glucose, and heart rate using ACSM protocols and American Heart Association guidelines. We also use integrative methods such as massage, yoga, tai ci, and pilates.

Wellness Prescription Tracks:

- ***General Health Track:** Designed to focus on weight loss, cholesterol, smoking sensation and blood pressure.
- Aquatic Track:** Designed for those that require weight-bearing, unloading and joint protection exercises during low to moderate intensity workouts.
- Arthritic (Aquatic/ Land) Track:** Osteoporosis and Healthy joints. Designed to help decrease Obesity/ Balance Disturbances and low endurance.
- Pain Track:** helps clients deal with chronic pain and symptoms thru use of group strengthening, flexibility and endurance programs.
- Pre-Surgical Track:** Is suitable for joint replacements, weight loss and de-conditioned clients.
- Diabetes Track:** Designed to in development of a safe exercise program that helps with reduction of insulin use, regulation of blood sugars, caloric intake and diet changes.
- Weight Management Track:** Designed for bariatric care patient or general obesity clients, who are either pre or post-surgical, high risk and need to be monitored.

Specialized Programs:

- Heart Healthy:** Stage 3&4 - designed to reduce and manage symptoms of heart disease, with positive physical and behavioral changes.
- Pulmonary Disease:** Various lung conditions
- Cancer:** Gentle self-paced program in a 1:1 or small group setting. When medically stable most cancer recovery patients are transitioned to this specialized class.



Deborah Windell,
OTR/L - Owner

is the developer and overseer of the program using ACSM and American Heart Association guidelines and protocols.

Featured Classes:

- Stretch & Relax
- Fundamental Fitness
- Yoga Fusion
- Everything Fitness
- Strength Training
- Total Fitness
- Balance & Stability
- Tai Chi

**Choose between
two programs:**

**Land Program
Aquatic Program**

*Physician Authorization required for clearance:
See Sample Script*

Each program includes:

- *Free consultation including baseline assessment & goals.*
- *8 Weeks ~ Two 30 minute sessions per week in a small group setting.*
- *Discharge measurements & assessments.*
(Shared with your doctor upon completion.)



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