

When it comes to your health, a Personal Health Plan is the first step in treating yourself to a better way of life. Based on your plan and goals, your health guide will guide you to the best course of action to improve your health. Being part of our medical fitness family, our team of health guides, physicians, physical therapists, and athletic trainers provides you with the best continuum of care. Your Personal Health Plan consists of the steps listed below, along with personal communication between you and your health guide via e-mail, or direct contact to keep you connected during the first two months of your membership.

What to bring to your first appointment:

1. Exercise Readiness Questionnaire Completed
2. Healthy Eating Every Day Survey Completed (HEED)
3. Comfortable Clothes

Step One

Health History/Quality of Life

A comprehensive check on any existing or past health issues
Making that commitment one day at a time
Goal Setting - Set personal goals you want to achieve.

Healthy Eating Goals

This Goal Assessment is adopted from the Active Living Partners' Healthy Eating Every Day (HEED) program offered at Bellin Health. This assessment can help you understand what areas of your eating habits that can be improved to help you accomplish a healthier status.

Movement Screen

To create optimal performance in life or sport, one must understand where their body is not functioning at its best. The assessment is a measurement tool to evaluate your current posture and movement patterns, which allows your health guides to create a blueprint to reduce chance of injury and improve performance.

Fitness

- V02 Max - Considered the best indicator of cardio respiratory endurance.
- Measurements – Blood pressure, circumferences, and body fat percentage - An excellent way to keep track of your shape as you get fit. As you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller.
- BMI - Body Mass Index is a relationship between weight and height that is associated with body fat and health risk.

Step Two

Personalized Exercise Session

- Technique Instruction – A Health Guide will guide you through your personalized exercise program ensuring proper techniques for achieving results.
- Review of Fitness and Nutrition Goals

Step Three

Follow-Up

- Quality of Life update
- Healthy Eating Every Day (HEED)
- Fitness
- Movement Screen
- Working through barriers and plateaus
- Future plans to continue moving in the right direction for your health

On Going Support

- Goal Setting – Continue personal goal setting with a Personal Trainer
- Class Guidance - Choosing the classes that are the right fit for you and are fun
- **Free** Member Education Classes – Contact the desk staff for complementary education classes



Initiation Fee

Your initiation fee includes the value-added service of a Personal Health Plan. The plan consists of a two-month customized program provided by your health guide that will meet your individual health and wellness goals. Based on your plan and your goals, your guide will assist you to the best course of action to improve your health. You can choose to pay for your initiation fee with one easy payment or have it automatically withdrawn over a two-month period.

Primary Member \$75

Primary Member + Spouse \$150

Additional Family Members **Free**
(Any dependent children ages 14-25 years old)

Includes:

- Health History
- Movement Screen (pre/post)
- Fitness (pre/post)
- Nutrition
- Personalized Exercise Plan
- Goal Setting
- Technique Instruction
- Group Fitness Classes
- Olympic Room Overview
- Member Education Classes
- 2-month Communication with your Health Guide

Children under the age of 14 are not required to participate.

Payment Options (please check one)

- Direct Pay \$75
- Direct Pay \$150
- \$25 for 3 months (Primary) via automatic withdrawal
- \$50 for 3 months (Primary+Spouse) via automatic withdrawal

