

# Medical Fitness Programs



Our medical fitness programs help you improve your health outcomes by incorporating daily physical activity into your life. Every program includes:

- Individualized health and fitness assessments
- Blood pressure, heart rate and exercise monitoring
- Customized activity prescription by an exercise specialist
- Safe exercise progression to achieve S.M.A.R.T.\* goals
- Consultations with a licensed registered dietitian
- Regular progress notes sent to referring physician

## **Balance program:**

This eight-week program is made up of two 30-minute weekly sessions that will teach you how to apply principles of safe mobility, minimize fall risk and build balance, coordination and confidence.

## **Diabetes program:**

An eight-week program of two 30-minute weekly sessions to learn safe and effective exercises. You'll also have biweekly nutrition seminars to teach you how to control blood sugar, lower A1C levels and support healthy lifestyle changes.

## **Fit4Surgery program:**

This four- or eight-week program consists of two 30-minute weekly sessions of exercises to increase strength in either your preoperative or postoperative area. It'll help you have a quicker, easier recovery and reduce the risk of complications.

## **BoneCare program:**

An eight-week program of two 30-minute weekly sessions, designed to minimize the progression of osteoporosis. Goals include improved bone mass and reduced risk of chronic pain, fractures and falls.

## **Getting Started Is Easy**

- Every program begins with a discussion between you and a physician about the physical activity you'll undertake with the guidance and support of BayCare Fitness Center professionals.
- The physician will provide a referral and clear you for the medical fitness program.
- A BayCare Fitness Center exercise specialist will review your information and customize a program designed to help improve your health and quality of life.

\*S.M.A.R.T. stands for specific, measurable, achievable, relevant and time-based.

**Online options are available for most medical fitness programs. Call today to get started.**

**BayCare Fitness Center  
BayCare HealthHub™**  
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BayCare Outpatient Center**  
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(727) 502-4444

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Morton Plant Hospital**  
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[BayCareFitness.org](https://www.BayCareFitness.org)