










# Best Medicine Program

## Granger

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Arthritis Fitness</b> <i>Joint Venture I</i>	10:00am - 10:45am Therapy Pool   Mary Sue 10:45am - 11:30am Therapy Pool   Mary Sue		10:00am - 10:45am Therapy Pool   Mary Sue 10:45am - 11:30am Therapy Pool   Mary Sue			
 <b>Arthritis Fitness</b> <i>Joint Venture II</i>	12:45pm - 1:45pm Therapy Pool Mallory		12:45pm - 1:45pm Therapy Pool Mallory			
 <b>Parkinson's Fitness</b> <i>CLIMB</i>	4:00pm - 5:00pm Yoga/Pilates Studio Jake/Sarah M		4:00pm - 5:00pm Yoga/Pilates Studio Jake/Sarah M			
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>	11:30am - 12:30pm Therapy Pool Mary Sue		11:30am - 12:30pm Therapy Pool Mary Sue			
 <b>Cancer Fitness</b> <i>Cancer Center</i>	2:00pm - 3:00pm Fitness Floor McKenzie/Christine		2:00pm - 3:00pm Fitness Floor McKenzie/Christine			
 <b>Cardiac Rehab Maintenance Phase IV</b> <i>Hearth Healthy</i>	11:00am - 12:00pm Fitness Floor Jake/Priscila		11:00am - 12:00pm Fitness Floor Jake/Priscila			
 <b>Peripheral Artery Disease (PAD) Fitness</b> <i>Steps Ahead</i>	11:00am - 12:00pm Fitness Floor Jake		11:00am - 12:00pm Fitness Floor Jake			
 <b>Down Syndrome Fitness</b> <i>Uplift</i>	7:00pm - 8:00pm Group Fitness Studio Sarah M		7:00pm - 8:00pm Group Fitness Studio Sarah M			
 <b>Weight Management</b> <i>MOVE</i>	5:00pm - 5:45pm Group Fitness Studio McKenzie		5:00pm - 5:45pm Group Fitness Studio McKenzie			

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Fitness programs for individuals transmitting from or managing a medical condition or needing additional support to improve their level of physical activity.

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## Physician Referred Membership

**\$100 discount on Enrollment Fee- Enter membership with a referral from a physician and receive discounted enrollment. Program includes a personalized assessment and access to the Best Medicine Program.**



**Arthritis Fitness** | *Joint Venture* – Mitigates the pain and limitations of daily movements, along with improving balance and overall strength through warm-water therapeutic programming.



**Cardiac Rehab Maintenance Phase IV** | *Heart Healthy* – Transitions cardiac patients that have finished Phase II Cardiac Rehab and are released by their physician into their maintenance phase. Participants' vitals are monitored and recorded each class to track progress.



**Parkinson's Fitness** | *CLIMB* – Improves quality of life for those living with Parkinson's through movement, stretching, focus on balance and posture along with creating camaraderie between participants and care-givers alike.



**Peripheral Artery Disease(PAD) Fitness** | *Steps Ahead* – Treats and aids in prevention of Peripheral Artery Disease. Individual exercise programs are designed to increase blood flow in lower extremities, increase redistribution of blood flow, improve walking efficiency, increase strength and improve overall quality of life.



**Neurological Aquatic Fitness** | *NeuroH<sub>2</sub>O* – Exercise in a warm-water aquatic environment offers those with neurological conditions essential properties to maintain overall cognition, balance, endurance and flexibility.



**Down Syndrome Fitness** | *Uplift* – Improves overall health, especially cardiovascular and strength for individuals with Down Syndrome. Designed as a circuit-style workout, includes focus on balance, motor functions, coordination  
*\*Granger Location Only*



**Continued Care Fitness** | *Guided Path* – Provides assistance for those that are finished with physical therapy or those with morbidities and are eager to continue improving, along with prevention of re-injury.



**Weight Management** | *MOVE* –Focus on setting realistic goals and developing new physical activity habits while pursuing a healthy weight. MOVE helps tackle co-morbidities which encompass high blood pressure, high cholesterol, elevated glucose levels and BMI that exceed 30.



**Cancer Fitness** | *Restorative Fitness at Memorial Regional Cancer Center* – Improves muscle function, fatigue, cardio endurance during and after going through treatments; in a setting where patients feel safe and have the ability to connect with other oncology patients/survivors.



**Autism Fitness** | *Piece of the Puzzle* –Improves the health and fitness of individuals with Autism. Autism Fitness will focus on five separate disciplines – fundamental skills, game and sport related skills, making judgment, connecting with others, and empathy.  
*\*South Bend Location Only*

All BHF programs are approved by our **Medical Advisory Board** to ensure safe and effective programming.

**For more information contact Jake at [JEPhillips@beaconhealthsystem.org](mailto:JEPhillips@beaconhealthsystem.org)  
[www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)**