

Best Medicine Program

Elkhart

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>	10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone		10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone			
 Arthritis Fitness <i>Joint Venture II</i>		12:00pm - 12:45pm Therapy Pool Mallory		12:00pm - 12:45pm Therapy Pool Mallory		
 Parkinson's Fitness <i>CLIMB</i>		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		
 Neurological Aquatic Fitness <i>NeuroH2O</i>	11:00am - 12:00pm Therapy Pool Sharone		11:00am - 12:00pm Therapy Pool Sharone			
 Cancer Fitness <i>Cancer Center</i>		1:00pm - 2:00pm Fitness Floor Kaylin		1:00pm - 2:00pm Fitness Floor Kaylin		
 Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		
 Peripheral Artery Disease (PAD) Fitness <i>Steps Ahead</i>		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		
 Weight Management <i>MOVE</i>		6:30pm - 7:15pm Upstairs Fitness Floor/ Track Tyler		6:30pm - 7:15pm Upstairs Fitness Floor/ Track Tyler		

Beacon Best Medicine Program

Fitness programs for individuals 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.

Classes and Programs Offered at Elkhart Health & Aquatics:



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.



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.



Neurological Aquatic Fitness | NeuroH₂O – Exercise in a warm-water aquatic environment offers those with neurological conditions essential properties to maintain overall cognition, balance, endurance and flexibility.



Continued Care Fitness | Guided Path – One-on-one consultation and monthly follow-up meetings with a Fitness Specialist that provide assistance for those transitioning from physical therapy or managing a medical condition outside our Beacon Best Medicine programs.



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.



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.

Additional Classes and Programs Offered at Beacon Health & Fitness South Bend and/or Granger:



Down Syndrome Fitness | Uplift – Improves overall health, especially cardiovascular and strength for individuals with Down Syndrome. *Granger Location Only



Autism Fitness | Piece of the Puzzle – Improves the health and fitness of individuals with Autism. *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
www.beaconhealthandfitness.org