









Best Medicine Program

South Bend

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>		1:00pm - 1:45pm Therapy Pool Mary Sue 3:00pm - 3:45pm Therapy Pool Mary Sue		1:00pm - 1:45pm Therapy Pool Mary Sue 3:00pm - 3:45pm Therapy Pool Mary Sue		
 Arthritis Fitness <i>Joint Venture II</i>		11:45am - 12:45pm Therapy Pool Brenda		11:45am - 12:45pm Therapy Pool Brenda		
 Parkinson's Fitness <i>CLIMB</i>		11:00am-12:00pm Gym Floor Kayla/McKenzie		11:00am-12:00pm Gym Floor Kayla/McKenzie		
 Neurological Aquatic Fitness <i>NeuroH2O</i>		2:00pm - 3:00pm Therapy Pool Mary Sue		2:00pm - 3:00pm Therapy Pool Mary Sue		
 Cancer Fitness <i>Restorative Fitness</i>	9:30am - 10:30am Fitness Floor Kayla		9:30am - 10:30am Fitness Floor Kayla			
 Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>		6:00pm - 7:00pm Fitness Floor Jake/Jonell		6:00pm - 7:00pm Fitness Floor Jake/Jonell		
 Peripheral Artery Disease (PAD) Fitness <i>Steps Ahead</i>		6:00pm - 7:00pm Fitness Floor Jake		6:00pm - 7:00pm Fitness Floor Evonta		
 Weight Management <i>MOVE</i>		6:00 pm - 6:45pm Basketball Court Kayla		6:00 pm - 6:45pm Basketball Court Kayla		

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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 | *NeuroH₂O* – 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.

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**