

Best Medicine Program

South Bend

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>		1:45pm - 2:30pm Therapy Pool Mary Sue <hr/> 3:45pm - 4:30pm Therapy Pool Mary Sue		1:45pm - 2:30pm Therapy Pool Mary Sue <hr/> 3:45pm - 4:30pm 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 Colleen		11:00am-12:00pm Gym Floor Colleen		
 Neurological Aquatic Fitness <i>NeuroH2O</i>		2:30pm - 3:30pm Therapy Pool Mary Sue		2:30pm - 3:30pm Therapy Pool Mary Sue		
 Cancer Fitness <i>Restorative Fitness</i>	9:30am - 10:30am Basketball Court Juan		9:30am - 10:30am Basketball Court Juan			
 Weight Management <i>MOVE</i>		3:00 pm - 3:45pm Group Fitness Studio Milt		3:00 pm - 3:45pm Group Fitness Studio Lacie		

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



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.



Arthritis Fitness | *Walk With Ease* – An exercise program by The Arthritis Foundation that can reduce pain & improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



Cancer Fitness | *Restorative Fitness* – 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.



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*



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.

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

For more information contact Lacie at EKlopfenstein@beaconhealthsystem.org or 574.584.2572
www.beaconhealthandfitness.org