

**BEACON  
BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



## FITNESS IS THE NEW MEDICINE

No matter the disease or condition, exercise has significant health benefits for almost everyone. Regular exercise that is safe and effective can improve overall quality of life for those with cancer, heart disease, a neurological condition, arthritis, Parkinson's and others.

That is why Beacon Health & Fitness developed fitness classes for people managing a medical condition or needing additional support to improve their level of physical activity.

Each class follows nationally recognized guidelines and is led by trained fitness professionals. The classes give participants a sense of camaraderie and accountability. This adds up to creating a positive and productive exercise experience.

### ALL PARTICIPANTS RECEIVE:

1. Exercise classes led by trained, certified fitness professionals
2. Physical assessment prior to the start of class and measured periodically to track progress
3. The option to share progress directly with your physician

## WHAT YOU NEED TO KNOW

**Who is eligible for Beacon Best Medicine classes?**  
Any person with a physician's referral.

**What is required?**  
There is no fee. However, all Beacon Best Medicine Program participants must have a membership with Beacon Health & Fitness. All participants receive a discount on the enrollment fee.

**What is unique about Beacon Health & Fitness?**  
As the only medically based fitness center in the region, all programs are approved by our medical advisory board to ensure safety and effectiveness.

## HAVE QUESTIONS?

For more information about the Beacon Best Medicine Program, contact Us at: **574.647.2597** or **Membership@BeaconHealthSystem.org**

**Elkhart**  
200 E Jackson Blvd.,  
Elkhart, IN 46516  
574.389.5580

**Granger**  
3221 Beacon Pkwy.,  
Granger, IN 46530  
574.647.2597

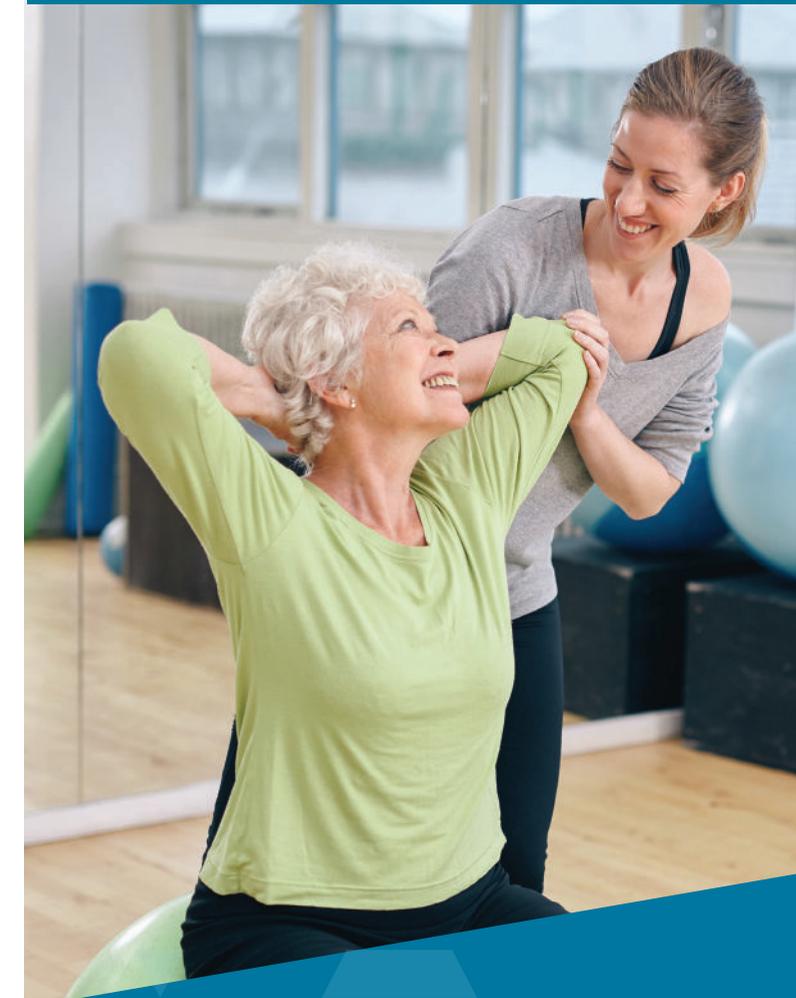
**Three Rivers**  
501 S. Health Pkwy.  
Three Rivers, MI 49093  
269.278.8722

*Members have access to  
all four facilities.*

  
**BEACON**  
Health & Fitness  
Elkhart | Granger | Three Rivers  
BeaconHealthAndFitness.org



# Beacon Best Medicine Program



  
**BEACON**  
Health & Fitness

# BEACON BEST MEDICINE CLASSES

## ARTHRITIS FITNESS (AQUATIC)

### Joint Venture

This is for anyone who has rheumatoid arthritis, osteoarthritis, fibromyalgia, a joint replacement, or joint pain. The exercises will help relieve your pain and improve your body movement, along with enhancing your balance and overall strength through activities in a warm-water therapy pool.

## 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

Exercise, during and after cancer treatment, is proven to enhance recovery. Restorative Fitness gives cancer patients and survivors the opportunity to work with a fitness specialist to create a workout based on their individual needs. Some health benefits you can expect with Restorative Fitness are less pain, more energy, strength, and endurance.

## CONTINUED CARE

### Guided Path

This consultation is for anyone who is transitioning from physical therapy or needs guidance on how to exercise with a medical condition outside of the other classes offered in the Best Medicine program. This consists of a one-on-one consultation with a fitness specialist to develop an exercise program. This program is performed on your own with monthly follow-ups to change or add to the program as you continue to progress.

## DIABETES FITNESS

### MOVE

Develop exercise habits to pursue a healthy lifestyle for those with prediabetes, diabetes, or elevated blood sugars. Improve factors like insulin resistance, lower blood sugars, cholesterol & blood pressure to help decrease risk of other related conditions.

## DOWN SYNDROME FITNESS

### Uplift

Cardiovascular complications and problems with weight are prevalent in individuals with Down syndrome. This class is designed to combat those issues and help improve overall health, especially cardiovascular and muscular strength. This circuit style class focuses on balance, motor function, muscular strength, and cardiovascular endurance.

\*Granger Location Only

## CARDIAC REHAB

## MAINTENANCE PHASE IV

### Heart Healthy

After you have finished completing your initial cardiac rehab, you are now ready for the next step in continuing your heart health. The Phase IV cardiac rehab program continues to increase your cardiac fitness and adds functional strength & flexibility training. Your vitals will be monitored and recorded each class to follow restrictions and monitor progress.

## NEUROLOGICAL AQUATIC FITNESS

### NeuroH2O

For those with a diagnosed neurological condition such as neuropathy, stroke, spinal cord injury or traumatic brain injury, this program will help improve your quality of life through activities in the warm water therapy pool. It can also enhance your balance, flexibility, endurance, strength and cognition.

## OSTEOPOROSIS

### BoneBuilders

This program is designed for anyone diagnosed with osteopenia or osteoporosis looking to improve quality of life and take steps to improve bone health!

BoneBuilders utilizes weight bearing resistance training and balance exercise to improve bone density and/or slow the progression of bone loss, reduce fall risk, and maintain and improve functionality and independence performing activities of daily living.

## PARKINSON'S FITNESS

### CLIMB

This program will help improve your quality of life through movement, balance, posture, and breathing. This is accomplished through strength, flexibility, balance, and coordination training. A wide range of different exercises are used to help improve fitness and provide different challenges. It also builds a sense of camaraderie and friendship among participants and caregivers.

## PERIPHERAL ARTERY DISEASE (PAD) FITNESS

### Steps Ahead

Exercise training is critically important to prevent and help treat PAD. You will take part in cardiovascular exercise sessions for 45-60 minutes. Exercise Physiologists will customize programs specific to you to increase exercise tolerance, along with increased blood flow in the legs, improve walking efficiency, increase strength and improve quality of life.

## WEIGHT MANAGEMENT

### MOVE

This class focuses 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. Participants go through a health assessment, take part in cardiovascular activity, strength & flexibility training and discuss nutritional needs. These group classes allow participants to get the support to succeed in this journey to a healthier person.



## Membership

Those joining Beacon Health & Fitness to participate in our Beacon Best Medicine Program are eligible to receive a \$100 discount off the enrollment fees listed below.

Membership requires a one-year commitment and a referral from a physician.

Please call or email for more information.

Membership Type	Enrollment	Monthly Dues
Individual	\$129	\$55
Couple	\$149	\$85
Family	\$169	\$105

574.647.2654

Programs@  
BeaconHealthSystem.org

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