










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 12:15pm - 1:00pm Therapy Pool Sharone | 11:00am - 11:45am Therapy Pool Theresa | 10:00am - 10:45am Therapy Pool Sharone 12:15pm - 1:00pm Therapy Pool Sharone | 11:00am - 11:45am Therapy Pool Theresa | | |
|  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 Mallory | | 1:00pm - 2:00pm Yoga Studio Mallory | | |
|  Neurological Aquatic Fitness <i>NeuroH2O</i> | 11:00am - 12:00pm Therapy Pool Sharone | | 11:00am - 12:00pm Therapy Pool Sharone | | | |
|  Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i> | | 11:00am - 11:45am Yoga/Pilates Studio & Track Mallory | | 11:00am - 11:45am Yoga/Pilates Studio & Track Mallory | | |
|  Weight Management <i>MOVE</i> | 4:30pm - 5:15pm Group Fitness Studio Sierra | | 4:30pm - 5:15pm Group Fitness Studio Sierra | | | |
|  Arthritis Fitness <i>Walk With Ease</i> | | 10am - 10:45am Outdoor/Indoor Track Theresa | | 10am - 10:45am Outdoor/Indoor Track Theresa | | |
|  Diabetes Fitness <i>MOVE</i> | 4:30pm - 5:15pm Group Fitness Studio Sierra | | 4:30pm - 5:15pm Group Fitness Studio Sierra | | | |
|  Osteoporosis Fitness <i>Bone Builders</i> | 1 - 1:45pm Group Fitness Studio Theresa | | 1 - 1:45pm Group Fitness Studio Theresa | | | |

Best Medicine Program

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.



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.



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.



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.



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.



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.



Osteoporosis Fitness | *Bone Builders* – Improve bone density and/or slow the progression of bone loss, reduce fall risk, and improve functionality and quality of life through weight bearing and balance focused workouts.

*Referral required for participation in any Beacon Best Medicine program.

Session Dates 2025

January 5 - February 15
February 23 - April 5

April 13 - May 24
June 1 - July 12

July 20 - August 30
September 7 - October 18

October 26 - December 20

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

For more information contact us at MPawling@BeaconHealthSystem.org or 574.389.5580
www.beaconhealthandfitness.org