








# Best Medicine Program

## Kalamazoo

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Healthy Steps</b> Walking Exercise		8:00pm - 9:00am Gymnasium		8:00pm - 9:00am Gymnasium		
 <b>Parkinson's Wellness Recovery</b> PWR!	1:00pm - 2:00pm Aerobics Studio		1:00pm - 2:00pm Aerobics Studio			
 <b>Cancer Fitness</b> Restorative Fitness		1:00pm - 2:00pm Aerobics Studio		1:00pm - 2:00pm Aerobics Studio		
 <b>Cardiac Rehab Maintenance Phase III</b> Hearth Healthy	2:00pm - 3:00pm Aerobics Studio		2:00pm - 3:00pm Aerobics Studio			
 <b>Weight Management</b> MOVE	1:00pm - 2:00pm Fitness Floor <hr/> 3:00pm - 4:00pm Fitness Floor		3:00pm - 4:00pm Fitness Floor	1:00pm - 2:00pm Fitness Floor		
 <b>Diabetes Fitness</b> MOVE		12:00pm - 1:00pm Aerobics Studio		12:00pm - 1:00pm Aerobics Studio		
 <b>Post Therapy</b>	1:00pm - 2:00pm Fitness Floor <hr/> 3:00pm - 4:00pm Fitness Floor		3:00pm - 4:00pm Fitness Floor	1:00pm - 2:00pm Fitness Floor		

# 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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## Beacon Best Medicine Participation



A referral from a physician is required.  
Program includes a personalized assessment & access to the Best Medicine Program.



**Healthy Steps | Walking Exercise** – Healthy Steps is a low-cost community walking program designed for adults who want to be well and live well, plus meet people and have fun. This class provides walking in a safe environment with supervision of a fitness professional. Cost: \$20 for the year



**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.



**Cardiac Rehab Maintenance Phase III | 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.



**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** – 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.



**Post Therapy | Post-Physical Therapy** is an individualized program that allows you to safely continue your therapy recovery while improving overall fitness.



**Parkinson's Wellness Recovery | PWR!** – Improve coordination, cognitive & motor skills for everyday movement! An exercise program for those with Parkinson's disease and other conditions affecting brain health.

For more information contact [SRHirdning@BeaconHealthSystem.org](mailto:SRHirdning@BeaconHealthSystem.org) or 269.552.2343 | [www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)

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

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