



[www.IntegRehab.com](http://www.IntegRehab.com)

## **Regular Exercise Minimizes Risk Factors for Chronic Diseases**

Research has shown that regular strengthening and aerobic exercise has been effective in the prevention and management of chronic diseases such as hypertension, elevated cholesterol, pulmonary disease, obesity, diabetes, heart disease, osteoarthritis, metabolic syndrome, and certain types of cancer. Improved memory has also been demonstrated in the older adult population with regular aerobic exercise.

## **Our Customized Program to Meet Your Health and Wellness Goals**

This 12-week personalized fitness program is designed, implemented, and supervised by licensed physical therapists or athletic trainers. Physical Therapists and Athletic Trainers are uniquely qualified to optimize your fitness goals, while accommodating specific medical risk factors and avoiding exercise-related injuries.

If you have hypertension, diabetes, osteoarthritis, are overweight, or have recently completed rehabilitation related to an injury or surgery, this program will improve your fitness, endurance for activity, and overall health to allow you to enjoy life to its fullest.

## **Your Customized Program Includes:**

- Clinical fitness assessment to determine physical impairments and functional limitations.
- A personalized fitness program including aerobic conditioning, progressive strength training, and functional activities.
- Supervision and re-assessment to ensure safe and effective participation in exercise to meet your fitness goals and prevent secondary injuries.
- Education in nutritional and dietary management, relaxation techniques, and alternative therapies to foster a healthier lifestyle.