



For more information or
to register for a class, call the
Institute for Healthy Living
at 724-357-8088.

Institute For Healthy Living Exercise Programs

Healthy Moves Adult Fitness

A medically supervised exercise program offered at IRMC's wellness center. This program is ideal for individuals with chronic conditions. The facility is open Monday through Friday and staffed with exercise physiologists. Each participant is evaluated and given an exercise prescription tailored to meet their individual needs or health goals. *\$35 per month*

Yoga for Health

Yoga has been shown to be a useful method to help relieve some symptoms associated with chronic diseases such as cancer, heart disease, arthritis or fibromyalgia. It can lead to increased relaxation and physical fitness and may enhance quality of life. Yoga for Health is designed to teach techniques to deal with chronic pain of daily life. The program will include visualization, progressive relaxation, meditation, easy yoga stretches and breathing techniques. *\$35 per month*

Yoga for Men

A yoga class designed specifically for men that promotes relaxation and physical fitness and may enhance quality of life. In addition to yoga postures, relaxation techniques and education, this class will include proven methods of relaxing and reducing stress, such as the use of breathing exercises, Chi Qong (a form of T'ai Chi) and simple stretches. Yoga for Men will provide a safe and enjoyable way to reduce stress and possibly reduce symptoms associated with chronic disease. *\$35 per month*

StrongWomen Strong Bones

The StrongWomen strength-training program was developed by Tufts University following years of research. The program is designed to prevent and/or manage osteoporosis. It includes a pre and post fitness assessment, two 1-hour strength-training sessions per week for 12 weeks. The program targets three high-risk fracture areas - wrists, spine and pelvis. The program includes exercises with free weights, ankle weights and weight vests. A certified exercise physiologist, who has completed additional training in the StrongWomen program, instructs this program. The program is designed for both sedentary and active mid life and older women. *\$5 per class or \$85 per 12 week session*

StrongWomen Healthy Hearts

StrongWomen – Healthy Hearts is a cardiovascular disease prevention program that aims to help women reduce the risk of heart disease through fitness and nutrition education. The program is designed to help improve heart health and weight control. Each class lasts approximately 1 hour. During half of the class, participants engage in aerobic activity. The program is designed for women who currently get very little or no exercise. The other half of each class includes discussion around eating for heart health and hands-on cooking activities. StrongWomen - Healthy Hearts is two days per week for 12 weeks. *\$120 per 12 week session*



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Arthritis

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Led by a certified instructor, the classes include both standing and sitting exercises. The simple routines are easy to replicate at home. Classes meet for one hour, two times per week and are designed to be relaxing and enjoyable. The Exercise Program will help keep joints flexible and muscles strong, sleep better, as well as increase energy and improve your overall outlook. *\$24 per month*

Arthritis Self Help

An in-depth six-week program that teaches knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. Developed at Stanford University, the program is taught by Arthritis Foundation-certified leaders. *\$60 for 6 weeks*

Tai Chi

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Led by certified instructors, the one-hour classes meet once per week and are designed to be relaxing and enjoyable. Each session includes warm-up and cool-down exercises and six basic core movements, as well as six advanced extension movements. Direction changes are incorporated to add a challenge. The Tai Chi Program will help reduce stress, increase balance and flexibility and improve your overall mind, body and spirit. *\$5 per class or \$20 per month*

Cancer Wellness

The Cancer Wellness Program gives individuals with cancer an opportunity to begin a supervised exercise program while receiving treatment. The program is also available for cancer survivors. The Cancer Wellness Program is structured and supportive of the participant's recovery process. Each participant receives an exercise prescription that is individualized based on their diagnosis and includes cardiovascular endurance, muscular strength and range of motion activities. Other skill related fitness items such as agility, balance and coordination will also be included. In addition to the fitness program, the participant will receive one yoga class per week. *\$50 per month*