

# JOURNEY

*to health*  
exercise program



## What next?

If you and your doctor agree that Journey to Health is right for you, call us to schedule your enrollment appointment at (608) 755-7996. Enrollment fee is \$58.

Participants are welcome to start at any time.

All classes are held at the Mercy Cardiac Fitness Center within the Mercy Health Mall.



**MERCY CARDIAC FITNESS CENTER**  
1010 N. WASHINGTON ST., JANESVILLE

## Journey to Health Exercise Program

*Mercy Cardiac Fitness Center*



# JOURNEY

## to health

exercise program

Whether you haven't exercised for years or have a health concern that makes you hesitant to start or continue a program, Journey to Health is just what the doctor ordered.

Journey to health is a three-step guided exercise program intended to help you become healthier and stronger through exercise. Although this program is offered in a group setting, the exercise program is specifically tailored to you. J2H participants can expect to learn which exercises are best for them and in order to achieve their goals. They can also expect to improve **stamina, muscular strength** and **endurance, flexibility** and **balance**.

Each step includes cardiovascular/aerobic exercise, strength, flexibility and balance exercises. Classes are led by highly trained staff, including clinical exercise specialists certified by the American College of Sports Medicine.



## Is J2H right for you?

J2H is appropriate for adults looking to prevent health problems, or who have cancer, diabetes, fibromyalgia, high blood pressure, high cholesterol, metabolic syndrome, arthritis, peripheral arterial/vascular disease (PAD, PVD), and problems associated with obesity.

**A physician referral is required to enroll in the program.** We will send a progress report to your physician at the end of steps one and two.

## Three steps on your Journey to Health

### Step one: \$53

- 10 sessions
- Meets Tuesdays and Thursdays: 9 am and 4:30 pm
- Direct staff supervision, guidance and direction
- Registered dietitian available to answer your questions

### Step two: \$53

- 12 sessions
- Meets Mondays, Wednesdays and Fridays: times vary between 7 am and 5:30 pm
- Staff supervision and guidance
- Registered dietitian available to answer your questions

### Step three: \$44/month

- Independent exercise
- Exercise up to five days a week during business hours
- Staff available for questions
- Registered dietitian available to answer your questions

balance

flexibility exercises