

FITNESS POINTE

YOUR MEDICAL FITNESS FACILITY

- Private review of your health needs
- Personalized prescription for exercise
- Individual health coaching
- Complimentary screenings
- Free labs (twice per year)**
- Safe, effective, friendly environment

** with minimum six month membership

MedFit offers a supervised exercise program for individuals with the following verified medical conditions:

- Diabetes
- Hypertension
- Obesity with co-morbidities
- Heart disease
- Cancer

The MedFit program offers wellness and medical fitness services to its members and requires a referral from a qualified healthcare provider.

MedFit members who consistently participate in their fitness program and adhere to a healthy lifestyle have enjoyed improvements in their medical conditions, reduction of future disease risks, as well as improvements in the overall quality of their life.



THE PERFECT PRESCRIPTION
FOR PERSONALIZED
**HEALTH
FITNESS &
WELLNESS**



9950 Calumet Avenue | Munster, IN 46321
219-924-5348
fitnesspointe.org



WHY MEDFIT?

Exercise has been shown to improve medical outcomes in patients with multiple chronic diseases like diabetes, hypertension, heart disease and obesity.

The Medical Fitness professionals at Fitness Pointe can work with the guidelines provided by your physician/healthcare provider to help you become a healthier, fitter, YOU!

JOINING MEDFIT IS AS EASY AS 1,2,3....

1. Get a release from your physician with approval for exercise, listing any recommendations and/or restrictions.***
2. Call 219-924-5348 to set up your MedFit Membership.
3. Enjoy your FREE personal MedFit consultation and program set up with your MedFit Professional who will help design the BEST program for YOU!

** with minimum six month membership

*** MedFit team will determine your eligibility based on risk factors.

WHAT IS MEDFIT?

A MedFit membership offers the BEST, evidence-based program for individuals with medical needs.

- Guidance from your own individual MedFit Professional
- Individualized consultation
- Baseline biometric measurements
- Individualized physical activity and exercise plan
- FREE Labs (twice per year)** Lipid Profile and A1C

MEDFIT HOURS OF OPERATION

Monday - Friday:

6:30 am - 8:30 pm

Saturday & Sunday: 6:30 am - 12 pm

NO ENROLLMENT FEE

30 day written notice to cancel

** with minimum six month membership

*** MedFit team will determine your eligibility based on risk factors.



IS MEDFIT RIGHT FOR ME?

- Do you have multiple chronic, diagnosed medical conditions?
 - Diabetes, heart disease, hypertension, etc.
- Will your healthcare provider authorize your participation in the MedFit program?
- Are you independent or do you have the aid of a caregiver?
- Are you willing to adhere to the MedFit hours of operation?

If you answered YES to the above questions, then MedFit may be the perfect program for you!

Contact your MedFit team at 219-924-5348 for information on getting started and pricing.



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