



## Journey to Health Exercise Program

Mercy Cardiac Fitness Center

### 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 \$66.25.

Participants are welcome to start at any time.

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



### Mercy Cardiac Fitness Center

1010 N. Washington St., Janesville

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[MercyHealthSystem.org/CardiacFitness](https://www.MercyHealthSystem.org/CardiacFitness)



With all our heart. With all our mind.®

# 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, your exercise program is specifically tailored to you. J2H participants you will learn which exercises are best for them 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, who will gently motivate you toward renewed confidence and good health.

### 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.

**Your doctor's referral is required to enroll in the program.**

## Three steps on your Journey to Health

### Step one: \$62.50

- 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: \$54.50

- 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: \$45/month

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