



Program Services

- Individual Health and Fitness Assessment
- Customized Exercise Prescription by a degreed and certified exercise specialist.
- Safe exercise progression directed toward achievement of the physician-directed goals
- Introductory consultation with a registered dietitian
- Access to a variety of free health education programs, including healthy cooking classes
- Land and Aquatics group exercise classes suitable for people of all physical abilities
- Supervised Exercise

Program Benefits

- Reduce Blood Pressure and Cholesterol
- Weight Loss
- Improved Cardio-respiratory fitness
- Increased Bone Density
- Improved Muscular Strength and Endurance
- Reduced Stress
- Improved Sleep

How do I get started?

Entry into LIFT's Exercise is Medicine program begins with a referral from your physician, physical therapist or other healthcare provider. For your convenience, a copy of the referral form is located inside this brochure.

For more information about Exercise is Medicine email EiM@wth.org

For more information about other programs offered at LIFT Wellness Center contact us at 731-425-6875 or Liftcenter@wth.org

Program Overview

One of the most important decisions a person will make regarding their overall health is to incorporate physical activity into their lifestyle. We understand that the encouragement from a physician may be the greatest influence on a patient's decision to make a lifestyle change.

Exercise is Medicine is an initiative of the American College of Sports Medicine and the American Medical Association. This program is a quick, simple, and effective process for a person to get on track to improve their overall health and well being.

Exercise is Medicine Programs

Diabetes Fitness

Osteoporosis Fitness

Cancer Fitness

Pre-Surgery Fitness

Post-Rehab/Orthopedic Fitness

Medical Fitness

Phase III Cardiac Rehab

Post-Covid Exercise Program

GLP-1 Strong

The Exercise is Medicine program is housed inside of the **LIFT Wellness Center**, located only 2 miles south from Jackson-Madison County General Hospital.

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call **731-425-6875**

or email Liftcenter@wth.org.



West Tennessee
HEALTHCARE™



Exercise
is Medicine®
AMERICAN COLLEGE
of SPORTS MEDICINE®



**A Program Designed for Individuals
with or at risk for:**

Post-Covid

Heart Disease

Obesity

Diabetes

High Blood Pressure

Cancer

Arthritis

Osteoporosis

**Other Conditions Associated
with Physical Inactivity**



West Tennessee
HEALTHCARE™



Exercise Prescription & Referral Form

101 Jackson Walk Plaza | Jackson, Tennessee 38301 | 731-425-6875 | FAX: 731-425-6878

Patient's Name: _____ DOB: _____ Date: _____

Phone Number: _____ BP: _____ Weight: _____

Primary Diagnosis/Secondary Diagnosis: _____

Health Care Provider's/Physician's Name: _____

Health Care Provider's/Physician's Signature: _____

Office Number: _____

Program Recommendations

- ☐ Better Bones (osteoporosis program)
- ☐ Next Step (post-physical therapy program)
- ☐ Joint Effort (pre-joint replacement program)
- ☐ Diabetes Management program
- ☐ Cancer Fitness program
- ☐ Cardiac Phase III program
- ☐ Medically Fit (other medical conditions)
- ☐ Dietitian Referral
- ☐ Post-Covid exercise program
- ☐ GLP-1 Strong

Restrictions/Other information: _____

- ☐ I would like a copy of patient fitness consultation results/program

Follow-up Appointment Date: _____

PHYSICAL ACTIVITY GUIDELINES

- Adults ages 18-64 with no chronic conditions: Minimum of 150 minutes of moderate physical activity per week (i.e., 30 minutes per day, five days a week) and muscle-strengthening activities on two or more days per week (2008 Physical Guidelines for Americans).
 - This is not an insurance-covered program.
- For more information, visit www.acsm.org/physicalactivity.

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LIFT Wellness Center, call 731-425-6875 or email EiM@wth.org.**



WestTennessee
HEALTHCARE™

www.liftjackson.com