

COMMIT TO GET FIT

All ages and fitness levels are welcome!

Join us for an individualized wellness program for participants challenged with one or more health conditions.



**Commit to your
health today.**

Registration is required
Call (309) 836-1601

Program includes:

- Personalized exercise plan developed specifically for you
- Supervised exercise twice each week in a state-of-the-art facility
- Education regarding the benefits of exercise and components of a healthy diet from our health care specialists including an exercise physiologist, dietitian, registered nurse, and Diabetes Care and Education Specialist (DCES)
- Development of strategies related to your specific health condition(s)

WHO: Anyone with one or more health conditions (diabetes, arthritis, etc.)

WHEN: Tuesdays & Thursdays

WHERE: Sports Medicine and Rehabilitation, 3rd floor MDH

COST: \$39 per month