

acac

Fitness & Wellness Centers

P.R.E.P.[®] **X** **physician referred** **exercise program**

60 days for \$60

P.R.E.P. participants meet with ACAC medical fitness professionals twice per week for 60 days, in small group settings.



60 days to wellness for ^{only} \$60

Members of ACAC enjoy one of the most fully-equipped and professionally-staffed wellness facilities in the country.

P.R.E.P. participants enjoy the benefits of ACAC membership during their 60 days.

ACAC features:

- Weight loss programs
- Aquatic classes
- Walking track
- Supervised strength training
- Pilates and Yoga
- Over 275 weekly group exercise classes
- Vast array of cardio equipment
- Two clubs for the price of one



The ACAC P.R.E.P. program is designed to address your needs and wants in conjunction with your physician's recommendations. We work with you to ensure you understand how you can achieve your optimal health.

Q: How much will it cost?

A: The P.R.E.P. program costs only \$1 per day, totaling \$60 for 60 days.

Q: How much help will I receive?

A: You will work with a medical fitness specialist two times per week within your small group sessions.

Q: Will I be able to use ACAC outside of my twice weekly appointments?

A: Yes, you will have a fitness membership to ACAC during the 60 days. Come as frequently as you like!

Q: I do not have time to exercise.

How long will my session last?

A: We understand you have a busy schedule, so to ensure success, we only ask you to complete two, 30 minute workout sessions each week.

Q: What else do I receive?

A: Each P.R.E.P. participant receives:

- Group nutrition session
- 15% discount towards a 1-hour massage
- Introduction to Personal Training & Aquatic Exercise

Q: How do I get started?

A: Ask your physician if you are a candidate for the program. If so, your physician simply completes the referral form on the back and faxes it to ACAC. Your medical fitness professional will contact you within 48 hours to get you on track to achieving a healthier, more active lifestyle. Now is the time!



why prescribe exercise?

The American Medical Association launched Exercise is Medicine™ in 2007, recognizing the importance of physical activity as a key component to staying healthy. Amongst its initiatives is to help physicians to become effective at consistently counseling and referring patients in regard to their physical activity needs.

- **65%** of patients would be more likely to exercise if advised by their doctor and given additional resources
- **25%** of patients note that their doctor would be the first person they turn to for advice on exercise
- **4 out of 10** physicians talk to their patients about the importance of exercise but don't always offer suggestions as to how to be active
- **67%** of P.R.E.P. participants continue to exercise at ACAC, on their own, or at another facility
- ACAC will keep referring physicians informed of their patient's progress
- ACAC has a full-time nurse on staff
- A medical advisory board comprised of local physicians acts as a sounding board for the P.R.E.P. program

"1 hour of exercise equals 1.95 added hour of life."

—New England Journal of Medicine



"If we had a pill that contained all the benefits of exercise, it would be the most widely prescribed drug in the world."

—Ronald M. Davis, M.D., AMA President