

Healthy Foundations Information Sheet

Welcome to Healthy Foundations at Valley Lifestyle Medicine & Fitness Center and Pinnacle Medical Wellness. Healthy Foundations is a sixteen [16] week intensive lifestyle modification program designed to help individuals adopt healthy lifestyle changes that incorporate fitness, wellness and nutrition. Originally designed to help pre-surgical patients lose weight, this program is appropriate for anyone interested in taking control of their health.

How does it work?

The four pillars of Healthy Foundations include Physical Therapy, Fitness, Nutrition and Education are developed and supervised by certified and licensed professionals over the course of the sixteen week program. Each program consists of a cohort, a minimum of 8 people, who attend the same educational sessions, creating a sense of community and accountability.

- Physical Therapy [PT]: Six [6] Physical therapy sessions with a licensed Physical Therapist are included in this program, providing an evaluation and recommendations on injury treatment, in addition to exercise and rehabilitation recommendations. Progressing through the program, physical therapy helps evaluate your changing body and needs, to continue safely exercising and preventing injury.
- Nutrition Counseling: Eight [8] Nutrition Counseling sessions with a Registered Dietitian allows participants to work one-on-one to develop an action plan on healthy eating and behavior modification strategies to help reach individual goals. Nutrition sessions will generally be held every two weeks throughout the program to assess adequacy of diet and lifestyle factors in order to reach your health goals.
- Wellness Education Sessions: Education Sessions take place each week with your cohort, focusing on topics such as readiness for change, exercise as medicine and restaurant tours.
- Prescriptive Exercise: Your program will begin with Fitness Assessments and Equipment Orientations with your assigned certified Exercise Specialist [ES] or wellness coach. You will meet with your exercise specialist a minimum of eight [8] times throughout the program for goal setting, program discussion and re-evaluations.

What is the time commitment?

This program is approximately four months in length, and is intended to create life-long behavior change.

On average, one hour per day will be dedicated to this program, with the first week involving more time, including but not limited to, Physical Therapy Evaluation, Fitness Assessment, and Program Orientation.

To remain compliant with the program, we ask that you commit to 3-4 hours/week at the Lifestyle Medicine & Fitness Center at UW/VMC or the Pinnacle Medical Wellness location of your choice.

The practitioners are dedicated to helping you reach your health, wellness and fitness goals, but ask a minimum of 24 hours notice if you must change your appointments.

What tools will I need to be successful?

The program includes a manual, with all educational session materials.

Your Exercise Specialist will issue a SmartKey® to you, which is how your workout is transmitted to you. The SmartKey® is inserted into each machine, programmed with exercise duration, intensity and volume. Downloading the MyWellness app from the Apple App Store or Google Store on your smart phone will allow you to track your activity when not in the gym.

We recommend that you purchase a Polar Heart rate monitor, available online or at any sporting goods store, to help you monitor your training heart rate and insure you are working within the desired range, based on your age and resting heart rate.

Comfortable running shoes, fitted properly, are recommended for your cardiovascular and strength training workouts. Shoes that don't fit your foot properly, or are worn out, can lead to muscular imbalances in the body, opening the door to foot, knee and hip injuries. Visit a local running store to be fitted for a shoe that can support your activity, taking your gait and natural motion of your foot into consideration.

For time management assistance, utilize the calendar on your smart phone, purchase a planner or print out a monthly calendar to ensure that you meet the obligations of Healthy Foundations. It is helpful to plan workouts into your daily routine, just as you would schedule meetings and appointments.

What is my financial obligation?

The program out-of-pocket cost is based on medical insurance benefits and coverage. Participants' fee will be a minimum of \$500 and can total up to \$1500, which can be made in payments. 50% of the fee is due prior to the start date, with the remaining amount deducted with arrangements with the Healthy Foundations Coordinator. In addition, you will be responsible for any co-pays, co-insurance, and insurance deductibles, as well as any out of pocket cost according to your insurance benefits. The only other expense will be the cost of the restaurant meal during the restaurant experience.

Appointments with Healthy Foundations Practitioners will be scheduled once payment is received.