

The Road to Recovery Starts *Before* your Surgery.

Let us be right beside you on your journey.



TAKE THE
NEXT STEP TO
ENJOYING A
MORE ACTIVE,
HEALTHY LIFE!

Pre-surgical Optimization Program

Surgery is a serious healthcare decision. You can significantly improve your outcome after surgery by optimizing your health prior to surgery. Research strongly shows the correlation between excess body weight and the increased risk of infection and other serious complications following surgery. With the help of our expert healthcare providers which include Registered Dietitians, Certified Nutritionists, Physical Therapists and Exercise Specialists, Pinnacle Medical Wellness and Valley Medical Center have teamed up to offer an intensive 16-week lifestyle modification program to help you get strong and healthy in preparation for surgery.

Fitness Center

UW Medicine | VALLEY MEDICAL CENTER

POWERED BY  Pinnacle
MEDICAL WELLNESS

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MEDICAL WELLNESS

Program Overview

Length: 16 weeks

Cost: based on insurance benefits/plan coverage*

Life Skills Addressed:

- Food education & meal planning
- Exercise as medicine
- Lifestyle modification & goal setting
- The psychology of eating

REGISTER TODAY!

Phone: 425.656.4006

Fax: 425.656.4265

E-mail:
healthy_foundations@valleymed.org

**Insurance coordination/payment plans available*

Included in the Program:

- 1:1 Medical nutrition counseling
- Meal planning (*optional 21-day Purification Program also available at additional cost*)
- Prescriptive exercise program with biometric measurements and SMART goal setting
- 4-month Fitness Center membership at VMC or Pinnacle locations
- Grocery store tour and restaurant field trip
- Group support and education series

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- 1:1 Medical nutrition counseling
- Meal planning (*optional 21-day Purification Program also available at additional cost*)
- Prescriptive exercise program with biometric measurements and SMART goal setting
- 4-month Fitness Center membership at VMC or Pinnacle locations
- Grocery store tour and restaurant field trip
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