

15% MILITARY DISCOUNT

*In honor of those who serve and support, we would like to show our appreciation by always offering a 15% discount for our EIM program to veterans, active duty and their dependents for our 12-week *Exercise is Medicine* program.*

Proof of service required

Exercise is Medicine is a physician referral, clinic to community program that aims to support community members in preventing and managing obesity, diabetes, hypertension and hyperlipidemia through increased physical activity and lifestyle changes. With this evidence-based program, clients will be provided the support they need to increase their physical activity and make lifestyle changes targeted to their individual needs.

For more information or to register, email us and mention this discount:

Trowlan@gmu.edu

Or visit our webpage:

www.freedom-center.com/fitness/exercise-is-medicine-eim2021/

**Exercise
is Medicine®**

Program is administered at the Freedom Aquatic & Fitness Center.

See program options and rates on reverse. Participants must meet certain criteria of not meeting the recommended 150 minutes of physical activity per week and be considered high risk for or diagnosed with Type 2 diabetes, hypertension, hyperlipidemia or obesity. All Participants will need a medical clearance from their health care provider to start an exercise program.



Program Options	Tier 1	Tier 2	Tier 3 (only available to those who have completed Tier 1 or 2)
	Full in-person engagement	Hybrid of in-person and virtual	Maintenance <i>All virtual-with the exception of initial assessments</i>
Weeks 0-2	Program Intake Session (60min)	Program Intake Session (60min)	
Session 1	Fitness Assessment (60min)	Fitness Assessment (60min)	Fitness Assessment Review & Exercise Plan update (60min)
Session 2	Exercise Prescription & Demo (60min)	Exercise Prescription & Demo (60min)	Health & Wellness Coaching: Goal Review (60min) <i>(phone/Zoom)</i>
Session 3	Initial Health & Wellness Coaching (60min)	Initial Health & Wellness Coaching (90min)	
ON-GOING SESSIONS			
Weeks 3-12			Virtual / Nudge app
Personal Training	4 x 1-hour sessions (in-person at FAFC)	Opt 1: 2 x 1-hour sessions Opt 2: 4 x 30 min sessions <i>(based on individual needs)</i>	2 updated exercise plans Weekly check-in & messaging Daily activity log / weekly weigh-in
Health & Wellness Coaching	5 x 1-hour sessions <i>(in-person OR phone/Zoom)</i>	5 x 30 min sessions <i>(in-person OR phone/Zoom)</i>	1 x 30 min goal review at mid-point Weekly check-in & messaging Food journal Habit trackers
Program Package Rates: 15% military discount	\$585 <i>(Paid in full or 2 payments of \$292.50)</i>	\$380 <i>(Paid in full or 2 payments of \$190)</i>	\$198 <i>(Paid in full or 2 payments of \$99)</i>

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