

TO BETTER FITNESS

MAKE YOUR MOVE



Moving your body helps move your mind toward a healthy outlook on your lifestyle and exercise.

Helping you move your body safely and effectively to maintain and improve your health is the forte of Mercy Fitness Center.

One of only 10 nationally-accredited centers

Mercy Fitness Center is one of only 10 centers across the country to earn national accreditation as a Medical Fitness Center from the Medical Fitness Association (MFA). A medical fitness center is specifically equipped to help members participate in individualized and medically-supervised exercise programs, as well as to provide healthy lifestyle education. Having a Medical Fitness Center accreditation means Mercy Fitness Center is different from other workout facilities and is committed to helping healthy individuals stay that way.

Different means better

Professional Staff – Specially-trained staff, with four-year degrees in exercise science and

additional special certifications, make recommendations based on the most current research and guidelines to help all people, regardless of their level of fitness or health, find a way to improve their overall health through exercise.

Fitness Orientation – All members receive a comprehensive fitness orientation so staff can develop a program that accommodates the unique needs and health conditions of each member in a way that is safe and maximizes effectiveness.

Member Safety – The professional staff is always available and monitors members to be sure they are exercising safely. Staff members also are CPR and AED (automated external defibrillator) certified. MercyCare North Urgent Care Center is in the same building, so additional medical professionals are close at hand if needed.

Regular physical activity is good for everyone, as it provides cardiovascular benefits, reduces risk factors for disease, improves muscle strength and enhances mental health. It has been shown to improve the health of individuals with medical conditions or chronic diseases.

Patty and Don (Scoop) Everist, Mercy Fitness Center members

TOWARD PREVENTION

Healthy Steps

Join us for classes, screenings and health events sponsored by Mercy throughout the community.

Visit our Web site at www.mercycare.org/events and search online by category or location. You can even register and request e-mail reminders so you don't miss them!

Mercy offers all kinds of screenings, classes and health-related events, most at no cost, including:

- Chronic disease workshops, offered throughout the year
- First aid classes like CPR and Heartsaver
- Birthplace tours and pregnancy classes
- Monthly Steps2Health seminars
- Fitness Center classes, like yoga, pilates and NIA

- Support groups
- and much more.

Steps2Health@Lindale Mall

Mercy is excited about its partnership with Lindale Mall, providing additional opportunities for community outreach and health/wellness education. Our free Steps2Health community walking program recently expanded to Lindale Mall to help bring in the new year with a healthier new you! Register for Steps2Health at the Guest Services booth at Lindale Mall or online at www.mercycare.org/steps2health.



Mall-walkers look forward to the first Friday of every month, when free monthly blood pressure screenings are sponsored by Mercy at Lindale Mall. Blood pressure checks are offered at no charge from 7 to 9:30 a.m. Participants are given a chart to keep so they may record their readings from each visit in one handy log.

