



BOOTHBAY REGION HEALTH CARE, INC.
BOOTHBAY REGION HEALTH CENTER
"On medical guard duty"

Do you currently exercise but don't know if you're really improving your health? Maybe you aren't exercising and want to get started but don't know how or what it is that you should be doing. Are you afraid that exercising might hurt? Or, that you can't do it because you have a pre-existing condition? If you answered "yes" to any of these questions, this is the program for you. Please join **BOOTHBAY REGION HEALTH CENTER'S** medically-based exercise program that is tailored to your particular needs and capabilities and is guaranteed to improve your balance, strength, and flexibility and improve your overall health. Our medical team will evaluate your health & fitness during a 6-month time frame starting in October 2016 and ending in May 2017 to prove that exercise is in fact the best medicine!

Here's how it works:

- 1 Our medical team under the direction of Dr. Allan "Chip" Teel will evaluate your health with a series of questions and a basic medical screening. Your Wellness Coach will evaluate your current fitness level. With that combined information, an exercise program will be tailored specifically for you. This could be taking advantage of any of the fitness opportunities that our region has to offer--such as Walking at the Y twice a week for seniors, or going to the YMCA, taking classes from local teachers in yoga, exercise, and/or dance. It could also mean doing your own program at home, walking the Boothbay Region Land Trust trails, or joining in any of the fitness or dance classes offered at the Community Center. In addition, those who participate in this program will be eligible to take exercise classes with their Wellness Coach at the Community Center.
- 2 You'll be asked to keep an exercise log to monitor your fitness activities, keeping track of the frequency and intensity of your physical activity. A mid-point assessment will help keep you (or get you back) on track.
- 3 At the conclusion of the 6-month program, your final assessment will document the improvements you've achieved in flexibility, strength and balance, along with easier breathing, better blood sugar, better heart health, and better nutritional habits. If you've stuck with the program, you'll feel and see the improvements in your physical and mental wellbeing.

GOAL: Staying committed to an exercise program that is appropriate for you will show that exercise is in fact the best medicine!

WHEN: October, 2016 thru May, 2017

WHERE: The Community Center, Meadow Mall, Boothbay Harbor

COST: \$97 registration fee will be required to participate. If you complete the program \$67 will be refunded.

FOR MORE INFO: Contact Mary Baudo at (207) 357-3563