



Northwestern Medicine Health & Fitness Centers use a **medically integrated approach to fitness**. Safety and health improvement are our top priorities. Your customized exercise plan is designed with recommendations from your referring provider and applied by our professional fitness staff.

All *eight-week* pathways include:

- Assessments at the beginning and end of your pathway
- A customized exercise plan
- Two 60-minute supervised exercise sessions per week
- A summary report provided to you and made available to your provider
- Full membership access to your enrolling Northwestern Medicine Health & Fitness Center
- **Enrollment fee waived after pathway completion**



Cancer Fitness

Guides movement to help reduce fatigue while improving muscle function and range of motion.



Cardiac Fitness

Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.



Cognitive Health

Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.



Diabetes Fitness

Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.



Fit for Surgery

Helps build muscular strength and endurance prior to surgery to aid in recovery.



Functional Fitness

Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.



Orthopaedic Fitness

Encourages strength training in targeted muscle groups after physical therapy.



Pulmonary Fitness

Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.



Transitional Care

Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.



Weight Management

Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

Ask your provider if a referral to MyFitRx is right for you. **Begin any pathway today for *just* \$129*.**

Program is open to the community. Northwestern Medicine Health & Fitness Center membership not required.

Some prerequisites apply. Contact your nearest Northwestern Medicine Health & Fitness Center for details.



MyFitRx[™] Healthcare Provider Referral

This completed form is required to participate in the MyFitRx program at Northwestern Medicine Health & Fitness Centers.

Patient Name _____ Phone _____

Provider Name _____ Phone _____

Provider Signature _____ Date _____

Patient is referred for: (Choose most appropriate pathway)

- | | |
|---|--|
| <input type="checkbox"/> Cancer Fitness | <input type="checkbox"/> Functional Fitness |
| <input type="checkbox"/> Cardiac Fitness | <input type="checkbox"/> Orthopaedic Fitness |
| <input type="checkbox"/> Cognitive Health | <input type="checkbox"/> Pulmonary Fitness |
| <input type="checkbox"/> Diabetes Fitness | <input type="checkbox"/> Transitional Care |
| <input type="checkbox"/> Fit for Surgery | <input type="checkbox"/> Weight Management |

Please list any exercise restrictions or recommendations:

Please return completed referral to your nearest Northwestern Medicine Health & Fitness Center.



*Pricing may vary by location. See center for complete details.