



Our fitness specialists hold degrees and nationally accredited certifications in health and fitness. They have expertise in assisting people who manage chronic or multiple medical conditions and those who need additional support.

Beginning your MyFitRx journey is as simple as:

Signing up for our eight-week *program*
Selecting your *pathway*
Starting your customized exercise *plan*



Northwestern Medicine
Delnor Health & Fitness Center
296 Randall Road
Geneva, Illinois 60134
630.938.9000

delnorhfc.com



Northwestern Medicine
Huntley Health & Fitness Center
10450 Algonquin Road
Huntley, Illinois 60142
815.444.2900

nmhfc.com



Northwestern Medicine
Kishwaukee Health & Wellness Center
626 Bethany Road
DeKalb, Illinois 60115
815.754.1098

nmkishhwc.com



Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7060

lakeforesthfc.com



MyFitRx

Improving lives through guided exercise



Through healthcare provider-based referrals and guided exercise, **MyFitRx** pathways are designed to help you improve your level of physical activity and feel comfortable and confident about fitness.





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.

