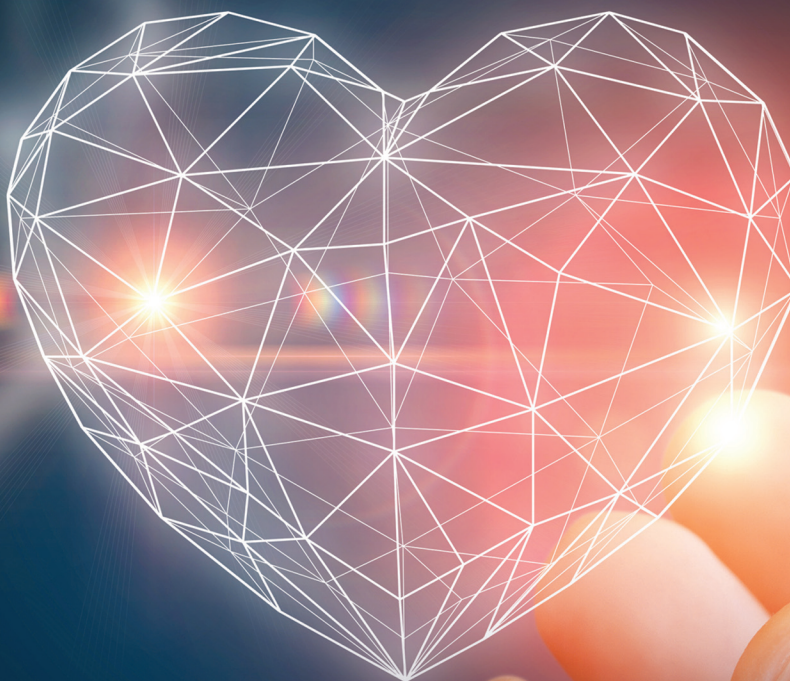




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HEALTHY LIVING = HEALTHY HEART

A new program for cardiac recovery patients.

Many cardiac patients need additional recovery support after their medically-supervised cardiac rehab program. This new program, offered at the YMCA Healthy Living Center at North River, will help individuals gain and maintain long-term healthy lifestyle habits through physical fitness and healthy choices as a way of life.

Who: Cardiac patients who have completed their medically-supervised rehab program, or had a recent cardiac episode.

What: A 12-week program that helps individuals transition into a community-based wellness center, and provides ongoing support necessary for a successful recovery. These supportive, small group training sessions are facilitated by a certified personal trainer and a healthy heart ambassador.

When: Mondays and Wednesdays at 12:00 p.m.

Why: Research has shown that appropriate physical activity combined with a healthy diet can decrease the recurrence of heart disease for cardiac patients.

How it works: Participants will attend weekly small group personal training sessions, as well as engage in a self-paced ActiveTrax workout. Participants will also work one-on-one with a healthy heart ambassador and exercise physiologist who will monitor blood pressure pre and post-exercise. Nutrition education seminars will also be provided. Monthly nutrition seminars will meet on Wednesdays after class, with an Erlanger Health Coach, including a Food Rx demonstration on how to reverse heart disease.

12-week program

\$295 Members

\$395 Non-Members

Financial assistance and payment options are available.

YMCA HEALTHY LIVING CENTER AT NORTH RIVER

4138 Hixson Pike, Chattanooga, TN 37415
ymcachattanooga.org/north-river



YMCA MEDICAL CLEARANCE FORM

Name of Physician: _____

Physician's Location: _____

Name of Patient: _____

DOB: _____ Patients phone: _____

The above applicant has applied for enrollment in the exercise programs at the YMCA. The exercise programs are designed to start easy and become progressively more difficult over a period of time. Qualified personnel trained in conducting exercise tests and exercise programs will administer the exercise programs. By completing the form below, however, you are not assuming any responsibility for our administration of the exercise programs.

If you know any medical or other reason why the applicants in the exercise program would be unwise, please indicate so on this form.

If you have any questions please contact Megan Vermeer at the YMCA Healthy Living Center at North River, 423.877.3517 or mvermeer@ymcachattanooga.org.

TO BE COMPLETED BY THE PHYSICIAN

☐ I know of no reason why the applicant may not participate.

☐ I believe the applicant can participate, but I urge caution because:

☐ I recommend that the applicant NOT participate.

Physician's Signature: _____ Date: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Phone: _____

PLEASE EMAIL OR FAX THE COMPLETED FORM TO THE ATTENTION OF:

MEGAN VERMEER @ mvermeer@ymcachattanooga.org or (F) 423.777.4095

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4138 Hixson Pike • Chattanooga, TN 37415 • 423.877.3517

ymcachattanooga.org