

## Medical Fitness Program

*UF Orthopaedics and Sports Medicine Institute*

Athletic trainers and exercise physiologists from Shands Rehab Centers have developed a medically based, supervised fitness/wellness program. The program benefits those who have just completed rehabilitative therapy, have an on-going medical condition or have been referred by their physicians to begin a supervised fitness/wellness program.

Benefits of the program include, but are not limited to:

- safe, medically based exercises designed to improve strength and fitness
- supervision by experienced athletic trainers and exercise physiologists
- bridges the return to general wellness after completing a structured rehabilitation program
- improves fitness of those who have been diagnosed with diabetes, cancer, osteoporosis, hypertension and other chronic diseases
- training is limited to small groups (6 or fewer)
- fitness and/or warm therapy pool memberships available
- monthly or quarterly memberships available

**Hours** (by appointment only):

Monday - Friday: 8 a.m. - 6 p.m.

**Membership fees:**

Month to month: \$75/month

Quarterly: \$65/month

**For more information or to schedule an appointment call 352.273.7117.**



Shands  
RehabCenters