

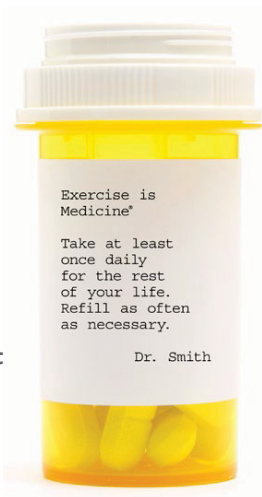


Exercise  
is Medicine®

AMERICAN COLLEGE  
of SPORTS MEDICINE®

# YOUR PRESCRIPTION FOR HEALTH

What if there was one medicine so powerful in maintaining and improving health that it could prevent or treat dozens of disease, such as diabetes, hypertension, heart disease and obesity? **THERE IS.**



## Exercise is Medicine YMCA OF FLORIDA'S FIRST COAST

Exercise is Medicine (EIM) is designed to promote physical activity for optimal health, which is essential in the prevention and treatment of many medical conditions. In this 12-week program, participants learn to improve their overall health through exercise and education, with a goal to increase their physical activity to 150 minutes per week.



## PROGRAM DETAILS

In a small group setting, an Exercise is Medicine professional will safely guide participants through exercise programming specific to an individual's needs. The program consists of pre and post assessments, 24 exercise sessions with an EIM professional, Healthy Living discussions, and a YMCA membership.



**PROGRAM COST**  
**\$249**



Use our **Physical Activity Vital Sign Tool** below to see if you qualify for the program.

### What is your Physical Activity Vital Sign?

1.	On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk)?	<b>DAYS:</b>
2.	On average, how many minutes do you engage in exercise at this level?	<b>MINUTES:</b>
3.	<b>TOTAL MINUTES PER WEEK</b> (Multiply #1 by #2)	

## YOUR RESULTS

› **If your total is below 150 minutes, you qualify for the YMCA Exercise is Medicine program.**

Ask your healthcare professional how you can benefit from EIM. In order to participate in the program, individuals **MUST** have an EIM referral form from a physician.

› **If your total minutes per week equals 150 minutes, Congratulations! You met the national physical activity recommendations.**

Continue your health and wellness journey with other YMCA programs. Below are a few available at First Coast YMCAs:

- Blood Pressure Self-Monitoring
- Diabetes Prevention Program
- 12-Week Weight Loss Support Group
- And much more!

For more information, visit our website or contact Kristy Cook by email at [kcook@fcymca.org](mailto:kcook@fcymca.org) or call 904.265.1777.

**FirstCoastYMCA.org**