



**Cleveland Clinic**  
Akron General  
LifeStyles

## Medical Fitness Difference



# FITNESS ROAD MAP

To maximize your membership and achieve your health and fitness goals, LifeStyles members receive the following as part of their membership. Please contact the front desk for more information.

**Member orientation** – A one-hour session that provides members with information about LifeStyles, its different departments and the programs and services offered.

**Fitness assessment** – Administered by a degreed exercise specialist, the fitness assessment is used to collect baseline information on present fitness levels and is used for follow-up to track and show progress. Re-assessment is recommended every 6 months to make sure members are staying on track with their exercise prescription plan and achieving their goals.

**Exercise prescription** – Information collected during the fitness assessment is used by the degreed exercise specialist to develop a personalized exercise prescription plan for each member.

**New exercise prescription every 2-3 months** – Meet with one of our exercise specialists to review and adjust your workouts.

**Group exercise classes** – Free with membership. LifeStyles group exercise classes are designed to help achieve your prescribed fitness and wellness goals. A degreed exercise specialist can review your file and recommend classes.

**Visits** – Two or more visits weekly for 2 months will help you create a healthy habit. Each visit counts whether you're attending a group exercise class, meeting with a trainer or doing a cardio/weight workout.

**24-hour nutrition analysis** – Submit a record of your food intake over a 24-hour period and our registered dietitians will review it and provide dietary recommendations to help improve your overall nutrition.

**NuFit: nutrition and fitness education** – A free program to discuss the latest topics in nutrition and fitness, facts versus myths, share recipes and receive tips from registered dietitians and the degreed exercise specialists.

**Game Changer: The Ultimate in Personal Transformation** – Aside from commitment, learn the single biggest mistake people make when trying to lose weight and the three weight loss absolutes that anyone can master.