

*Better Health for Life from
Lehigh Valley Hospital and Health Network*



What Is a Medical Fitness Center?

A medical fitness center has credentialed and college-degreed fitness experts to help you start an exercise program or continue one after rehabilitation. “They look at your health and exercise history, assess your fitness level and develop and implement an exercise program based on all three,” says John Graham, exercise physiologist with the Human Performance Center. “They also change your workout regularly to reduce your risk for overtraining.”

Staff members also are qualified to work with physicians or therapists to provide exercise management programs for your health concerns or problems. They understand how exercise impacts your condition and tailor your workouts to meet your medical needs. “For example, medical fitness center staff members know that someone with multiple sclerosis should exercise at a moderate intensity or swim in a warm-water pool that does not exceed 88° F,” Graham says. “They know that someone taking a beta blocker will have a lower ‘exercise’ heart rate than normal, so they adjust the heart rate zone the person should achieve during workouts.”

Staff at medical fitness centers also better understand the mechanics of your body. “If you’re a golfer, your exercise specialist may give you exercises that mimic the dynamic movement of a golf swing,” Graham says. “If you have lower back problems, the specialist may suggest you use the elliptical trainer instead of the treadmill to ease the pressure on your back.”

Which Medical Fitness Center Is Right for You?

Here are some choices in the Lehigh Valley:

Health and Wellness Center at LVH—Muhlenberg
2649 Schoenersville Road, Suite 104

Hours of operation: Mon.-Thu., 6:30 a.m.-8 p.m., Fri., 6:30 a.m.-6 p.m.

Highlights: cardiovascular and strength-training machines, free weights

Includes fitness assessment and individual workout routine every 4-8 weeks

\$30/month or \$80 for three months

No enrollment fee



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE

Healthy You

November/December 2006

*Better Health for Life from
Lehigh Valley Hospital and Health Network*



What Is a Medical Fitness Center?

Human Performance Center

250 Cetronia Road, Allentown

Hours of operation: Mon.-Thu., 5 a.m.-10 p.m., Fri., 5 a.m.-9 p.m.,
Sat., 7 a.m.-6 p.m., Sun., 7 a.m.-5 p.m.

Highlights: Lap, activity and therapy pools, cardiovascular and strength-training machines, free weights, exercise classrooms, indoor cushioned and elevated walk/jog track, spa, sports performance training

*Includes fitness assessment and individual workout routine every 8 – 12 weeks
\$72/month for adults, \$67/month for seniors (ages 60 and up); enrollment fee.*

Healthy You Fitness Center (Opening in Spring 2007)

1243 S. Cedar Crest Blvd., Allentown

Hours of operation: Mon.-Fri., 5:30 a.m.-9 p.m., Sat., 7 a.m.-5 p.m.
Hours may expand to Sundays depending on interest.

Highlights: aerobics studio, cardiovascular and strength-training machines, free weights

*Includes fitness assessment and individual workout routine every 8 weeks
Cost to be determined*



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE