

# I. OVERVIEW OF MFit

## **MFit Mission**

MFit, the Health Promotion Division of the University of Michigan Health System (UMHS) provides medically-based personalized health and wellness programs and services to UMHS patients, UM employees, the greater Washtenaw County community, and employers in Michigan. Our programs and services are dedicated to educating, motivating, and empowering individuals to make healthy lifestyle choices. We specialize in the areas of fitness, nutrition, weight management, tobacco cessation, stress management, alcohol management and general health education.

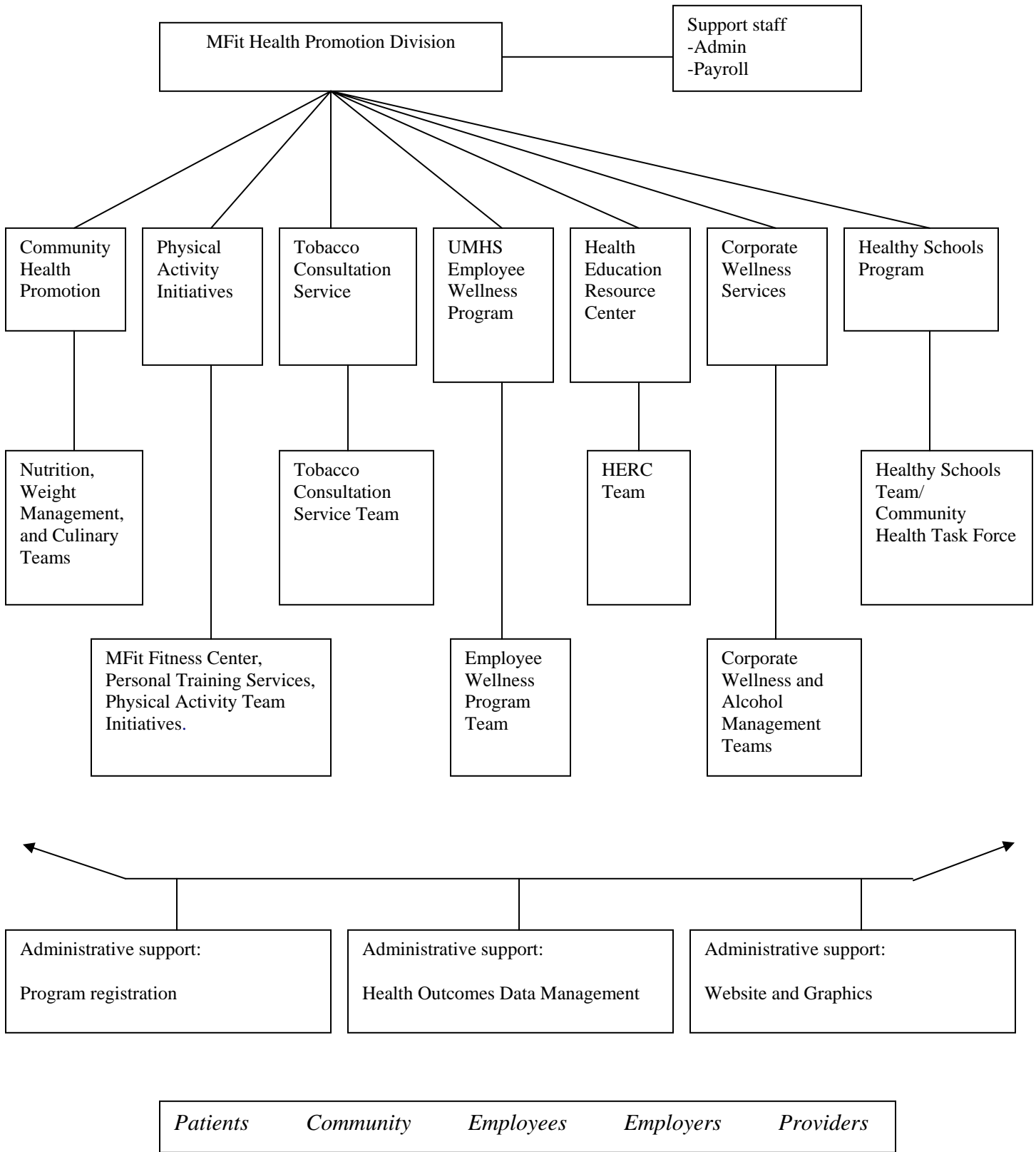
Our efforts have garnered recognition. In 2003, MFit was awarded the Silver Award by the Governor's Council on Physical Fitness, Health and Sports for the second consecutive year. The Silver Award honors workplaces that have sustained participation and/or comprehensive programs in physical fitness, health and sports. MFit was also given the Silver Award in 1999 and the Gold Award in 1997.

MFit also won a 2005 Healthy Workplace platinum award from the Washtenaw County Public Health Department. MFit received the gold award in 2004.

Also in 2005, MFit was given the Innovation in Prevention award by Michael Leavitt, Secretary of Health and Human Services, Department of Health and Human Services, Washington, DC.

Being recognized as a leader in health promotion at the county, state, and national level is a testament to the dedication of the staff of MFit, both past and present. The passion and care displayed by our team members is the lifeblood of our success and critical to achieving our mission one person at a time.

**MFit organizational chart (9/05)**



## **MFit teams and services**

### ***Community Health Promotion***

This team offers nutritional consultation and guidance, weight loss support, and cooking classes to the UM and greater Ann Arbor communities. Sample programs/services include:

- *MFit Weight Management Program* – combines group support, individual guidance, strategies for developing healthy eating and physical activity habits, and support for overcoming psychological barriers.
- *Cooking Classes* – renowned culinary experts make high fit – low fat cooking and eating tastier, healthier, and easier than ever!
- *Ask the Experts* – employees of the University of Michigan Health System can email in their nutrition questions to our staff dietitians.
- *Alcohol Management* – a brief, confidential education program that helps clients eliminate drinking problems.

### ***Physical Activity Initiatives***

This team provides personal training services and fitness center management to the UM and greater Ann Arbor/Detroit communities. Sample programs/services include:

- Corporate Fitness Services - fitness center design, management, and consulting in the greater Detroit area.
- MFit Fitness Center - located at the Ann Arbor Ice Cube it's a medically & performance-based fitness facility open to public.
- *Personal Training* – offered on campus at three UM recreation facilities and at the MFit Fitness Center.
- *FitScript* – a personalized exercise program for people with complex health histories.

### ***Employee Wellness Program***

This team educates, motivates, and empowers University of Michigan Health System employees to make healthier lifestyle choices. Sample programs/services include:

- *Physical Activity for Life* – a convenient, email-based incentive program designed to coach participants through the behavior change process and to help them stay physically active for life.
- *Move, Lose & Maintain* – an 8 week incentive program challenging participants to become more physically active, eat better, and jump-start a healthier life-style.
- *Well-Beings awards* – given quarterly to persons who have achieved lifestyle change and have championed MFit's cause.
- *Exercise classes* – step aerobics, Yoga, Pilates, in multiple locations.
- *MFit Energy Expos* – events with healthy vendors, free massage, free food, live music, etc. that typically attract over 500 participants.
- *Ask the Experts* – employees of the University of Michigan Health System can email in their fitness questions to MFit fitness specialists.

### ***Tobacco Consultation Service***

This team assists individuals who wish to be free from tobacco addiction and organizations wanting to establish a smoke-free environment. Sample programs/services include:

- *Inpatient counseling, intervention, and education* – assessment of readiness to quit (stage of change), formation of quit plans for smokers interested in quitting, provision of self help materials, referral for outpatient counseling, 2 week and 6 week follow-up phone calls for patients attempting to quit.
- *Outpatient services* – one-on-one counseling, support, education, and follow-up. Free for Health System employees.
- *Smoking cessation classes* – meets eight times in seven weeks. Sessions last ninety minutes. The first three weeks are spent preparing to quit, the fourth session is quit night, and the last four sessions are spent on staying quit. Group members can hear a broader range of experiences while developing coping skills to remain smoke-free.

### ***Health Education Resource Center (HERC)***

Located at East Ann Arbor Health Center, a satellite center of the University of Michigan Health System, the HERC offers programs and educational materials to meet various health needs throughout the human lifespan. Sample programs/services include:

- *Health information library* – thousands of books, videos, and DVD's available for loan focusing on health topics such as parenting, pregnancy, fitness, nutrition, diabetes, asthma, and much more.
- *Baby Care Basics* – two hour educational class taught at three campus locations to help prepare new parents for the rigors of child rearing.
- *Disease management program* – in partnership with the University of Michigan's HMO MCARE, provides patient education materials to those who need help managing their complex disease issues.

### ***Corporate Wellness Services***

MFit Corporate Wellness partners with companies in Southeastern Michigan to determine the best approach for improving the health and well-being of their employees. We assist them in developing a healthy work environment which can lead to improved employee morale, increased productivity, reduced absenteeism, and health care cost savings. Programs and services include:

- Health Risk Appraisals, follow-up health coaching, health screenings, incentive programs, and behavior change programs.

### ***Healthy Schools/Community Program***

This team collaborates with the Health System's Cardiovascular Center, Mott Children's Hospital, U-M School of Public Health, and the Washtenaw County Health Department to improve the physical activity and nutrition habits of sixth graders in the Ann Arbor Public School district. The 12 week program includes:

- In school survey about physical activity and eating habits
- Voluntary wellness screening that includes height, weight, BMI, blood pressure, cholesterol, and step fitness tests.
- A pedometer to log steps.
- Food record to log daily beverage, fruit, and vegetable selections.
- More activities during school hours to participate in physical activity, as well as healthier food choices in the cafeteria.
- Parental/guardian involvement.

## **MFit office locations in Ann Arbor, MI**

*MFit Administration Office, 2850 South Industrial Blvd.* – This is home office for the main MFit departments Employee Wellness Program, Corporate Wellness, Community Health Promotion, and the Ann Arbor Health Schools Initiative. This office is also shared with MWorks which provides disability management and occupational health services for employers including the University of Michigan. Most interns and work-study students work out of this location.

*MFit Fitness Center at the Ice Cube* – MFit manages the public fitness center located at the Ann Arbor Ice Cube. Interns get to use this fitness center for free. Other programs offered here include sports specific exercise program design, fitness and body composition testing, personal training, and aerobic classes. Some interns interested in fitness facilities choose to do rotations at this location.

*UM Campus Recreation Buildings* – MFit provides personal training services to University of Michigan students at all the campus recreation centers. Those include the Central Campus Recreation Center, North Campus Recreation Center, and the Intramural Sports Building. Interns interested in personal training may choose to do rotations at these locations.

*Health & Wellness Resource Center (HWRC)* – The center contains fitness and health fact sheets, newsletters, and searchable databases. Clients drop by to sign up for and participate in MFit classes, programs, and seminars. This office is located in University Hospital on the medical campus, Room 2C223. Intern rotations at this site are possible.

*Health Education Resource Center (HERC)* - The HERC is a lending library offering thousands of health education books, videos, and audio tapes to patients and employees of the University of Michigan Health System, as well as members of MCARE HMO. It is also home to the MFit Alcohol Management Program. Housed at East Ann Arbor Health Center on North Campus, intern rotations at this site are available to interns who have an interest in health education.

*Demonstration Kitchen* – The MFit Culinary Program utilizes the demonstration kitchen located at East Ann Arbor Health Center on North Campus to conduct cooking classes on most Wednesday evenings throughout the year.

*Tobacco Consultation Service* – This team assists individuals who wish to be free from tobacco addiction and organizations wanting to establish a smoke-free environment. They are located at the North Ingalls Building on the medical campus.