

Fit-Script

A personalized exercise program for people with special health needs

What Fit-Script participants say about the program:

“This program has increased my strength and stamina and having appointments has given me a commitment to exercising. Great staff.”

What Fit-Script participants say about the program:

“This has been the best formal exercise/fitness program I have experienced. I particularly liked the individual attention and the ability to work at an individual pace.”

Who can benefit from Fit-Script?

Fit-Script is MFit’s exercise prescription program for people who:

- Have a complex health history
- Have a chronic illness or condition
- Are post cardiac or physical rehabilitation
- Are post medical treatment
- Have special health needs
- Have a doctor’s recommendation to begin an exercise program

The goal of the program is to provide participants with a safe and effective exercise program designed to optimize quality of life, daily function, and health status.

How will I benefit from Fit-Script?

Starting or maintaining a physical activity program can be difficult, especially for a person with health issues or physical limitations. Caring Fit-Script staff understand this and will assist you. All Fit-Script staff are seasoned professionals, have degrees in exercise science and experience working with special populations.

What does Fit-Script include?

- Functional Assessments
- Healthy Lifestyle Consultations
- Comprehensive Exercise Program
- Follow-up - with you and your healthcare provider as appropriate.
- Staff assistance with every visit.

Not sure Fit-Script is for you?

MFit offers a FREE Discovery Session. MFit staff will review your health history and your physical activity goals to help you determine whether Fit-Script or another MFit program is best for you. Fit-Script may not be appropriate for all clients and conditions. For those individuals, medical personal training is available.



Which program is right for me?

Fit-Script offers both short- and long-term programs. Fit-Script staff will help you determine which program is appropriate for your needs and goals.

The short-term program provides four months of supervised Exercise.

The long-term program provides a full year of supervised exercise.

Which conditions may improve with exercise?

Fit-Script has helped those with:

- Hypertension
- Diabetes
- Depression
- Fibromyalgia
- Aging
- Obesity
- Arthritis
- Pulmonary Conditions
- Auto Immune Disorders

How do I enroll in Fit-Script?

To schedule an appointment or to find out more about the Fit-Script program, call MFit at: (734) 998-8700, or visit us at: www.med.umich.edu/mfit/fitness/fitscript.htm

Our mission is to provide each participant with a safe and successful exercise and lifestyle experience that optimizes his or her quality of life.

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The MFit Difference

MFit is the Health Promotion Division of the University of Michigan Health System. All MFit staff have bachelor's or master's degrees in exercise science, sports medicine or similar fields. Many staff have certification(s) from premier industry authorities such as the American College of Sports Medicine and the National Strength and Conditioning Association. With its medical orientation, MFit is capable of working with diverse populations and in specialty areas that include youth and adult athletic performance as well as tailored programs for those with special health needs.

“Fitness is a lifestyle journey, not a destination”

Call today for your free Fit-Script consultation:

(734) 998-8700

www.med.umich.edu/mfit/fitness/fitscript.htm

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Health Promotion Division



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people with special
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