

The Spiece Lifestyle Medical Center has been providing quality health and fitness services since 2003. Our spacious facilities offer equipment and programs designed to make optimal health accessible to every age and skill level.

Members of Spiece enjoy one of the most credentialed and professionally staffed fitness and wellness facilities in the country. Along with the traditional features of a quality exercise club, Spiece also features:

- Nurse & Nurse Practitioner
- Aquatic Programs & Warm Water Therapy Pool
- Weight Loss Programs
- Registered Dietitian
- Complete Day Spa
- Personal Training & Sports Performance
- Tobacco Cessation
- Group Exercise classes
- Cardiac Rehabilitation - Phase III
- Pilates & Yoga
- Kids' Programs
- Deli
- SpectraBrace
- Summit Physical Therapy
- ProAdjuster Chiropractic
- Occupational Health
- Basketball & Volleyball Leagues
- Senior Fitness & Wellness
- Muscle Therapy
- Injury Prevention



As a Spiece member, you have access to a wide variety of offerings to help you achieve optimal health. The indoor walking track, warm water therapy pool, and lap pool are wonderful to use year-round. Specific classes for seniors improve strength, flexibility, stability and stamina in a social and fun atmosphere. Of the many options available, ProActive Lifestyle Management and water exercises are the most popular among 60/60 participants.

ProActive Lifestyle Management (P.A.L.M.)

Experience the supportive environment of P.A.L.M., where members receive personalized attention from a Spiece fitness/wellness expert. Easy to use exercise machines, a stretching area and comfortable places just to relax are all a part of the Spiece Experience. You will be surrounded by people like yourself in a relaxed atmosphere. You will feel comfortable and become confident with exercise and a proactive way of living. We put your health into the P.A.L.M. of our hands.

Water Exercise

Spiece offers a variety of water exercise classes and our qualified, friendly instructors keep these classes lively and fun!

Water exercise provides buoyancy to cushion impact on joints, making this an ideal form of exercise for individuals with arthritis or joint problems, or those recovering from an injury.

did you know?

The Surgeon General equates lack of physical exercise to smoking one pack of cigarettes per day.

Source: Surgeon General Report on Physical Activity

60/60

Physician Recommended Program

The **Spiece Physician Recommended Program** is designed to compliment your physician's plan for your wellness and optimal health. You will meet with one of our fitness/wellness professionals twice a week for 60 days, in a small group setting, receiving guidance and support throughout your stay with us.



Exercise is Medicine...





60/60

Physician Recommended Program

Patient is cleared for:

(please check all that apply)

- Unsupervised exercise
- Pending results of graded exercise test

Precautions/special conditions for exercise clearance:

Optional

(please check all that apply)

- Cardiovascular exercise
- Strength training
- Aquatic exercise

Patient Information

Patient name _____

Patient phone _____

Physician Signature: _____

Date ___/___/___

Physician's Stamp**Contact**

5310 Merchandise Drive
Fort Wayne, IN 46825

p: 260.969.6363

f: 260.969.6369

www.spiecelmc.com

SLMC Internal Use Only

- Consent form signed
- Copy to 60/60 Trainer
- Copy to Member Services
- Original to Medical



60 days to wellness

Q. How much is my health investment? Is it tax deductible?

A. Your investment is only \$1 per day, totaling \$60 for 60 days. It may be tax deductible under the tax code 223(c) (2) (c) for preventive care. Check with a qualified accountant.

Q. What do I receive with this program?

- A.
- P.A.L.M. - Fitness Assessment, Orientation, Peak Performance, and Nutrition Sessions
 - One half hour massage
 - An introduction to: Group and Aquatics Exercise - Optional
 - When you attend any two 30 minute weekly sessions for 60 days, you have the option to either receive a \$30 reimbursement or apply the initial \$60 to your Spiece membership fees
 - Unlimited use as any other member would enjoy

Q. I do not have time to exercise. How long will my session last?

A. We understand you have a busy schedule, so to ensure success, we only ask you to complete two 30 minute workout sessions each week with your 60/60 trainer.

Q. How do I get started?

A. Simply have your physician complete the prescription form and fax it to Spiece at 260.969.6369. Your fitness professional will contact you within 48 hours to schedule a tour of Spiece and get you on track to achieve a healthier, more proactive lifestyle. Now is the time!

did you know?

There is no drug in our current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise.

Source: Harvard Mental Health Letter