

Movement as Medicine Program

Specialized fitness programs for people transitioning through medical recovery or managing ongoing health conditions, plus those requiring additional guidance to enhance their physical activity.



Physician Referred Fitness Membership

To be entered in to the program, you must be referred in by a physician. With referral, you will pay \$0 Enrollment fees! Program includes a free health assessment, a 3D Body Scan, Check-ins every 8 weeks, and access to Movement as Medicine classes.

BONE HEALTH FITNESS



Improve bone density and/or slow the progression of bone loss, reduce fall risk, and improve functionality and quality of life through weight bearing and balance focused workouts.

METABOLIC FITNESS



Develop exercise habits to pursue a healthy lifestyle for those with prediabetes, diabetes, or elevated blood sugars. Improve factors like insulin resistance, lower blood sugars, cholesterol and blood pressure to help decrease risk of other related conditions.

WEIGHT MANAGEMENT



Focus on setting realistic goals and developing new physical activity habits while pursuing a healthy weight. This class helps tackle co-morbidities which include high blood pressure, high cholesterol, elevated glucose levels, and high BMIs.

POSTPARTUM



Our gentle, progressive approach focuses on building strength and energy after birth. Exercises will focus on strengthening the core, pelvic floor, and diastasis recti.

These classes are approved by our medical advisory board to ensure safe and effective programming.

OPS Fitness Club is a part of Lutheran Health Network and will work hand-in-hand with your physician throughout your fitness journey.

Ask your physician about how to enroll.

