

"MET for Low Back Pain educated me on back anatomy and gave specific exercises to strengthen my core to alleviate the pain. I experienced a significant reduction of pain in my hips after three weeks. The trainers were knowledgeable, helpful and friendly."

DEBBIE DALTON Low Back Pain participant



JULIE LUMBAO
CHF Programs Manager
B.S. in Kinesiology with an emphasis in
Exercise Science Certified PACE Instructor

Julie Lumbao oversees the implementation of medically-based programming at CHF. With more than 15 years of personal training experience, she has a wealth of knowledge working with individuals suffering from chronic conditions. For more information, contact Julie.Lumbao@bchd.org or 310-374-3426, ext. 174

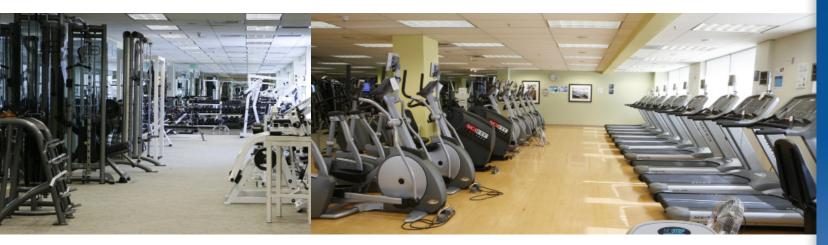
CHF IS THE ONLY CERTIFIED MEDICAL FITNESS FACILITY IN CALIFORNIA

To achieve this certification from the Medical Fitness Association, CHF voluntarily completed a rigorous process to become one of a select group that is establishing a new standard of excellence in health, wellness and chronic disease management. As a Medical Fitness Facility, CHF is overseen by a board comprised of physicians and health care professionals and offers evidence-based exercise programming that meets medical industry standards.

Medically-based Exercise Programming:

- Pre-habilitation for knee and hip replacement surgeries
- Medical exercise training for diabetes and hypertension
- Medical exercise training for low back pain
- Medical exercise training for women's fitness and skeletal health
- Medical exercise training for arthritis and total joint replacement
- Cardiac Exercise Program







LOCATION

514 N. Prospect Ave., 2nd Floor Redondo Beach, CA 90277

MON-THIL 5:30am-9nm

MON–THU, 5:30am–9pm FRI, 5:30am–8pm SAT–SUN, 7am–6pm

CLUBHOUSE CHILDCARE HOURS

MON-FRI, 8am-1pm, MON-THU 4-8pm SAT-SUN, 8am-noon

CONTACT

For more information on rates and class details, visit **beachcitiesgym.com** or call 310.374.3426, x147.

A GUIDE TO





A Public Agency

A Beach Cities Health District Program





ABOUT THE CENTER FOR HEALTH & FITNESS

The Beach Cities Health District's Center for Health & Fitness (CHF) is the most comprehensive fitness center in the South Bay. Whether you're devoted to exercise, relatively sedentary or have special needs, our personal trainers will design a program to help you achieve your goals. Unlike most fitness centers, our programming is aligned with Medical Fitness Association (MFA) standards of excellence, with personal training staff who meet MFA professional certification requirements. CHF also offers Medical Exercise Specialists—the only fitness center in the beach cities to do so—who are trained and educated to work with member's doctors or physical therapists to ensure the highest quality, effective exercise program.

| Tel: 310-374-3426 www.beachcitiesg | | isc Agency A Beach Cities Health District Program |
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| | Physician Referral - Exerc | ise Program |
| Patient Name: | | Date: |
| Medical Reason/0 | Goals: | |
| | | |
| | | |
| Frequency: _ Da | | eek1 time/weekAssessment |
| Frequency:Da Duration:2 we Area:ArthritisBalanceCancer CareCardiac RehabDiabetes | aily3 times/week2 times/weeks eks3 weeks4 weeksHypertensionJoint ReplacementLow Back Pain | |



Refer your patients **today!**

Register for Medical Exercise
Training and complete the course
to receive a **\$50** Center for
Health & Fitness youcher!

MEDICAL EXERCISE TRAINING

CHF is bridging healthcare and fitness by offering Medical Exercise Training (MET) classes. The MET program is a six-week series for those with a chronic condition who seek guidance from a medical exercise specialist. Each session is two hours consisting of an educational lecture followed by a small group training led by a medical exercise specialist. This program is designed to be delivered in small group settings and provides participants with solutions needed to manage these conditions.*

For just \$37/week, participants will receive:

- 6 one-hour educational lectures and small group training sessions led by a medical exercise specialist
- Program booklet with PowerPoint slides, handouts and exercise guidelines
- Access to 90+ group exercise classes
- Access to cardiovascular and strength training machines
- Lecture from CHF's Registered Dietician

This program has been endorsed by

This program has been endorsed by **Beach Cities Health District's Chief Medical Advisor,** Dr. William Kim.

*Physician approval may be needed prior to participating in a MET class series or before beginning an exercise program.

CLASSES MEET SELECT FRIDAYS FROM 11 A.M. - 1 P.M.

Total Cost of MET: \$222 (\$37/week)

INSTALLMENT PAYMENTS AVAILABLE!

LOW BACK PAIN

Objectives

- Learn how exercise impacts health
- Learn about the long-term effects of Low Back Pain
- Learn about the long-term goals for managing Low Back Pain
- Learn about medical management of Low Back Pain
- Learn how to create a safe, self-paced exercise program