



“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



A GUIDE TO LOW BACK PAIN



Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program



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

FITNESS CENTER HOURS
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.

beachcitiesgym.com



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.*



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

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

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

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

INSTALLMENT PAYMENTS AVAILABLE!

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

514 N. Prospect Ave., 2nd Floor
Redondo Beach, CA 90277
Tel: 310-374-3426, ext.147
www.beachcitiesgym.org



Physician Referral - Exercise Program

Patient Name: _____ Date: _____

Medical Reason/Goals: _____

Precautions: _____

Frequency: Daily 3 times/week 2 times/week 1 time/week Assessment

Duration: 2 weeks 3 weeks 4 weeks 6 months Other

Area:

- | | | |
|---|---|--|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Joint Replacement | <input type="checkbox"/> Silver Sneakers |
| <input type="checkbox"/> Cancer Care | <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Tai Chi |
| <input type="checkbox"/> Cardiac Rehab | <input type="checkbox"/> Massage | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Nutrition Consultation | <input type="checkbox"/> Women's Health |
| <input type="checkbox"/> Group Exercise | <input type="checkbox"/> Personal Training | <input type="checkbox"/> Yoga |

Physician Signature: _____

Physician Name: _____

(Please print clearly so we may easily update you with your patient's progress)



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

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