



NEW

Reh-Fit Exercise is Medicine Program

About the Reh-Fit Centre

At the Reh-Fit, we believe that exercise is medicine. As Canada's first certified medical fitness facility, we feature the professional expertise and programming necessary to effectively assist people, regardless of their current health status, and to promote health and wellness as the pre-emptive prescription for minimizing illness and chronic disease.

Reh-Fit Exercise Is Medicine Program

To ensure your patients live their best life and feel better, consider referring them to our Reh-Fit Exercise is Medicine Program, which is a one-time, eight-week program designed to help your patients get started with exercise. The cost of this program is \$100. Reh-Fit Exercise is Medicine begins with a health screening to determine baseline health measurements for your patients, which is then followed by both pre- and post-assessments.

Through Reh-Fit Exercise is Medicine, your patients will receive exercise guidance, daily access to the Reh-Fit Centre from 1:00 pm until close, as well as weekly contact with one of our Health and Fitness staff. Your patients may also choose to sign up for our Reh-Fit MyWellness app to help them track their progress. Results of the pre- and post-assessments will be sent to you for your reference.

Prospective patients could include those who need rehabilitation from an injury, are coping with diabetes or other chronic diseases, have risk factors for developing a chronic disease, or simply want to get in shape and stay that way. If another program may be more suitable for your patients, we can help guide them to make the necessary changes to live a healthier lifestyle.

To Refer a Patient

We hope you will consider referring some of your patients to us for the Reh-Fit Exercise is Medicine Program. To refer a patient, or for more information, please contact Amandev Dhesi at 204-488-5851 or EIM@reh-fit.com.

Other Services Offered

In addition to the fitness and chronic disease management programs offered at the Reh-Fit, we also provide rehabilitation services with registered physiotherapists, nutrition counselling with registered dietitians, nurse foot care, and massage therapy.

Following the Reh-Fit Exercise is Medicine Program, individuals have the option of an annual membership, trying us for three months, or continuing independently. Either way, financial assistance is available on an individual basis. Where necessary, your patients may bring in a support person/buddy if they need assistance while they are at the Centre.

