

Licking Memorial Hospital — Wellness Exercise Program

What is Wellness?

The Licking Memorial Hospital (LMH) Wellness Center promotes a healthy lifestyle for the mature adult with or without a chronic disease. The Wellness Center is not a fitness gym. The Center program is monitored by Licking Memorial Community Case Management team members.

What Type of Exercise

Does the Center Offer?

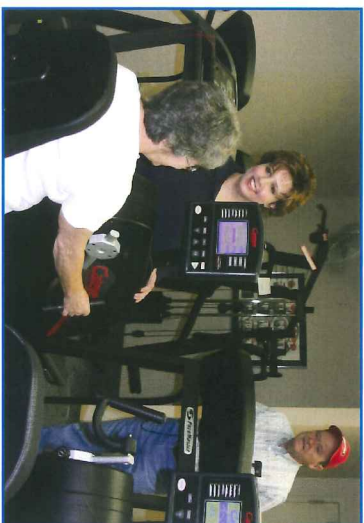
Wellness offers treadmills, ellipticals, NuSteps, stationary bicycles and arm bicycles. (The Tamarack Center also offers free weights and universal weightlifting equipment.)

What Will the Wellness Team Monitor?

At Wellness, your blood pressure may be checked before and after exercise (if applicable), weight may be checked upon request and blood sugar (if diabetic) will be checked. Your exercise progress also will be monitored.

How Often Can I Exercise?

The Wellness Exercise Program is offered in a class setting two to three times per week.



Eligibility

In order to join the Wellness Exercise Program, the following criteria must be met:

- You must have a referral from your primary care physician.
- You must have at least one of the following:
 - age above 60
 - chronic health concern
 - a severe weight problem with a Body Mass Index (BMI) – greater than or equal to 31.1 (male), greater than or equal to 32 (female)
- You must be medically stable. For example, you must have completed phase 2 of Cardiac Rehabilitation, if applicable.
- You must be able to function independently in a class setting.

Note: Weight cannot exceed 400 pounds.

How Hard Do I Have to Exercise?

You will begin exercising slowly and gradually increase as tolerated.

Locations

- 1865 Tamarack Road, Suite E, Newark (740) 348-4957 Fax: (740) 348-4951
- C-TEC, 150 Price Road, Newark (740) 348-4957 Fax: (740) 348-4951

Hours of Operation

- The Wellness Center at Tamarack is open Monday through Friday, 6:00 a.m. to 8:00 p.m.
- The Wellness Center at C-TEC is open Monday through Thursday, 8:30 a.m. to 5:00 p.m.

Additional Services

The Wellness Exercise Program is part of the LMH Community Case Management Department. Dietitians, registered nurses, personal trainers, a pharmacist and a social worker are available to assist you with your wellness needs.

Appointments

To make an appointment, please call us at (740) 348-4957.