

# OSF

## Medical Exercise Program & SilverSneakers at the RiverPlex

**Hours of Service:** •Monday - Wednesday - Friday 6:00am - 4:30pm  
•Tuesday & Thursday 7:00am - 12:00pm

### **SilverSneakers® and You (Required)**

Every Tuesday - 1:00-2:00pm Location - 2nd floor OSF Classroom  
**'Informational Orientation'**

#### **Topics**

- Getting to Know You
- Obtaining Physician Consent
- Swipe Card (Must swipe each visit)
- Medication Review
- Detailed Tour
- Warm Water Arthritis Classes

### **Exercise and You (Optional)**

Every Thursday - 1:00-2:00pm Location - 2nd floor OSF Classroom

#### **Topics**

- Warm Up, Cool Down & Stretching
- Strength Training & Cardiovascular Exercise
- Benefits of Exercise
- Equipment Orientation
- Safe Exercise / RPE
- Goal Setting

### **Nutrition and You (Optional)**

1<sup>st</sup> Wednesday of Every Month - 1:00-2:00pm Location - 2nd floor OSF Classroom

#### **Topics**

- Low Fat and Cholesterol
- Weight Loss
- Low Sodium
- Fiber

### **Diabetes and You (Optional)**

3<sup>rd</sup> Wednesday of Every Month - 1:00-2:00pm Location - 2nd floor OSF Classroom

#### **Topics**

- Diabetes and Safe Exercise
- Blood Glucose Monitoring
- Low and High Blood Glucose
- Steps for Staying Healthy
- Exercise & Snacks
- Foot Care
- Diabetes and Diet
- Joslin Diabetes Center

### **More Opportunities for an Additional Charge (Optional)**

- Personal Training for Individuals with Chronic Health Problems
- OSF Weight Loss Center
  - Results
  - Learn
  - Back-on-Track
- Health Management Resources (HMR)
- Personal Wellness Profile (PWP)
- Nutrition Consultation
- Bod Pod

