



# EXERCISE IS MEDICINE AT FREEDOM AQUATIC & FITNESS CENTER

Research shows that patients are more likely to be referred for exercise guidance and to engage in recommended levels of physical activity when health care systems and community fitness enterprises work together, developing smooth referral and communication pathways. The goal is to implement physical activity interventions that will slow, stop and reverse the progression of chronic diseases.

## Exercise is Medicine®

This program has been established in partnership with the American College of Sports Medicine. The Exercise is Medicine® (EIM) program aims to assist in their mission of institutionalizing EIM as a standard of care in chronic disease prevention nationwide.

[www.exerciseismedicine.org](http://www.exerciseismedicine.org)

### MISSION

To provide a clinic to community care model that implements exercise and other lifestyle behavior change interventions for the prevention, management and rehabilitation of chronic disease, obesity and sedentary lifestyles.

### TARGET POPULATION

Community members of Prince William County, Manassas City, Manassas Park City and the surrounding area who have been prescribed by their health care provider or self-referred to begin or increase their physical activity levels to meet the 2018 Physical Activity Guidelines established by the Department of Health and Human Services. Individuals entering the program may do so for the purpose of disease prevention, management or rehabilitation.

### CLINIC TO COMMUNITY CARE MODEL

Through integration of George Mason University, community healthcare systems and Freedom Aquatic & Fitness Center, the EIM model will help to establish a standard of care where health care providers assess the level of physical activity and make referrals to community prevention programs in order to:

- Implementation of a clinical exercise program to include nutrition support coaching, healthy lifestyle education and behavior change interventions for those at risk for chronic disease implemented by qualified professionals. Desired outcomes of the program will result in patients who are educated, motivated and empowered to continue participating in exercise programs as well as make healthy lifestyle choices.
- Increase readiness for change and self-efficacy to perform physical activity resulting in improved healthy behaviors and quality of life.
- Improve patient/community population health (Improve A1c, BP, lipids and body composition).



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## HOW IT WORKS

### Health Care Provider's Role:

**ASSESS** - Identify patients who are not meeting the physical activity recommendations of 150 minutes per week per Health and Human Services Physical Activity Guidelines and/or those who have been diagnosed with or at risk for obesity, diabetes, hypertension, hyperlipidemia.

**PRESCRIBE** - Provider consent to participate in exercise based on current activity level and health status to include lifestyle coaching.

**REFER** - Patient to EIM exercise and lifestyle program at FAFC.

### Fitness Professional's Role:

**PATIENT ENGAGEMENT** - Community Care Coordinator ensures initial patient engagement. EIM leadership team reviews comprehensive medical history forms and lifestyle questionnaire to assess level of risk and current behaviors. EIM team coordinates and assigns patient to appropriate exercise, nutrition and lifestyle change interventions.

**TEAM APPROACH** - Patient simultaneously works with EIM team on exercise prescription and applied behavior science for a 12 week duration.

**COMMUNICATION** - Communication is established with health care provider in regards to patient adherence and its effect on improved biometrics and lifestyle changes.

### FOR MORE INFORMATION, PLEASE CONTACT:

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## INTEGRATED EXERCISE PRESCRIPTION

### Condition Management:

- Focus on exercise response to obesity, hypertension, hyperlipidemia, diabetes and pre-diabetes administered by a team of highly credentialed professionals. Integration of George Mason Kinesiology Department will provide additional support and innovation.
- Applied principles of safe exercise progression based on individual evaluation, minimizing the risk of injury while allowing patient to have a positive experience while building confidence and skills needed to improve health outcomes.

### Behavior change:

- Recognizing the client's readiness for change, this guided approach is based on behavior change theory incorporating strategies such as self-discovery, health education and developing accountability for health behaviors.
- Behavior change strategies and nutritional support is focused on multi-level interventions such as goal-setting and self-monitoring, social support, behavior reinforcement, problem solving and relapse prevention.
- This client-centered approach optimizes the patient's responsibility for their own health and well-being.

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