

For immediate release:
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GOOD SAMARITAN Health and Wellness Center



Good Samaritan Health and Wellness Center receives *Distinguished Achievement Award* from the Medical Fitness Association

The Medical Fitness Association (MFA) recently announced that the 2007 *Distinguished Achievement Award* has been granted to the Good Samaritan Health and Wellness Center. This award is presented to medical fitness facilities that clearly serve as benchmarks for the industry and whose results others can emulate.

The only one in DuPage County

Presented yearly since 1996, facilities are evaluated based upon membership composition statistics; clinical services integration; unique programs; and community service. Good Samaritan Health and Wellness Center is one of only four Centers in Illinois ever to have been recognized, and the only facility in DuPage County.

Excellent clinical programs

The Wellness Center was recognized for three programs in the clinical services integration/unique programs section:

- **The 13th Week**, a collaboration with the hospital's CV Service product line to provide continuing services to cardiac rehab graduates;
- **Diabetes and Exercise**, a collaboration with the hospital's Diabetes Education Center, to provide ongoing activity, group support, monitoring and exercise for those with diabetes;
- **Pampered Pregnancy**, a collaboration with the hospital's Women and Children's service line to provide ongoing fitness and wellness opportunities for new moms and families both before and after baby's birth.

Excellent benefits to members

The award also recognizes the Wellness Center for the benefits provided to the community it serves in both direct service

and as a role model for other fitness centers. In those two capacities, the Wellness Center

- hosts health fairs and free cholesterol and other screenings;
- hosts an average of two community education events per month;
- offers charity memberships to those who cannot afford to pay;
- offers innovative programming in the areas of childhood obesity and heart disease in women through grant sponsorship; and
- publishes a monthly newspaper column featuring a Good Samaritan physician for the local paper.

It's an environment of quality

In addition, the Wellness Center was also recognized with a "**Checkmark for Quality**" from the subscribers of Chicago Consumers' Checkbook Magazine. The environment of quality at the Wellness Center is reflective of the entire scope of quality healthcare services available from Advocate Good Samaritan Hospital.

Like the Wellness Center, the hospital is also noted for quality. The hospital has been recognized by Solucient® as a Top 100® Heart Hospital; by Care Science as a Top Hospital for Acute Myocardial Infarction; and by the American Heart Association for the Heart Walk Partnership Award.

Belong to the best!

Consumers of health and fitness services have many choices. But fitness centers are not all created equal. Overall quality should be one of the deciding factors when recommending and choosing a fitness facility.

You can belong to the Wellness Center with confidence. That's because the Medical Fitness Association confirms what you already know: Good Samaritan is the best place to receive clinical care and the best place to get fit and stay fit.

The MFA is an international organization, and is affiliated with the American Hospital Association. The Distinguished Achievement Awards are given out annually to those fitness facilities, programs and professionals deserving of recognition for their achievements and contributions to the growing medical wellness industry. www.MedicalFitness.org

Contact Member Services at 630-275-2879 or visit www.advocatehealth.com/goodsam.

The only one!

Only one fitness center in DuPage County recognized for excellence by the Medical Fitness Association.

Only one fitness center with a proven track record of helping individuals safely make the lifestyle improvements they seek.

Only one fitness center with the professional staff with credentials to provide the best of care.

Only one Good Samaritan Health and Wellness Center, conveniently located on the hospital campus.

GOOD SAMARITAN Health and Wellness Center

Good Samaritan Health and Wellness Center, located on the hospital campus, 3551 Highland Avenue, Downers Grove, will offer the following ongoing programs to both members and non-members of the Wellness Center. Call 630-275-2640 or visit www.advocatehealth.com/goodsam, Fitness and Wellness link for more information. Register at the Wellness Center front desk.

Aquatic Specialty Programs

Classes include therapeutic classes for those with arthritis, multiple sclerosis, back issues, and stroke survivors; and mind/body classes such as aqua tai chi and water yoga Pilates.

Back Care Programs

A variety of classes are designed for those who want to strengthen their injured backs, prevent injury, and develop core strength, endurance, and flexibility. Warm water classes and one-on-one services available.

Body Age Fitness Assessments

A complete fitness assessment, including measurements of body weight, strength, flexibility, and body composition. Also includes aerobic capacity measurements and an assessment of health risks for lifestyle-related diseases. The body age assessment results include a program for lowering body age.

Boot Camps

A military-style, total body conditioning class that builds strength, endurance, and self confidence. Includes performance testing both pre and post class. Boot Camps include traditional, Basic Training, Mommy, and Bridal.

Clinical and Disease Management Programs

Classes include therapeutic programs for those with arthritis, multiple sclerosis, back pain issues, diabetes, cancer, pulmonary issues, heart disease, osteoporosis, obesity, stroke survivors, among others.

Educational Resources

Available resources include classes and information on nutrition, goal setting, cholesterol, stress management, diabetes, heart disease, blood pressure, losing weight, and reducing risk factors.

Group Exercise Classes Free to Wellness Center Members

Members of the Good Samaritan Health and Wellness Center have access to over 80 free water and land group exercise classes each week, including Spin, core conditioning, aerobics, pump, step, strength, and stretch.

Massage Therapy

Reduce pain and increase relaxation with a licensed, nationally certified therapist. Available services include therapeutic, LaStone, Swedish, sports, perinatal, and cranio-sacral massage.

Mind/Body Programs

Reduce stress, increase flexibility, and improve balance in mind, body, and spirit with a variety of mind/body classes. Classes include Yoga, Pilates, Tai Chi, Nia.

Nutrition Counseling and Weight Management Services

Both individual and group sessions available for the person who wants to meet their weight management and/or nutrition goals. Led by a registered, licensed dietitians and certified fitness professionals.

Perinatal Programming

A variety of classes for both the prenatal and postnatal mother, including prepared childbirth, aqua, strength, yoga, a support group, Mommy Boot Camp, and parent/child exercise classes.

Personal Training

Set reasonable goals and develop a plan to meet them during a one-on-one session with a nationally certified, degreed fitness professional. Both land-based and water-based personal training sessions are available, including Pilates Allegros training.

Skin Care Services

Improve skin tone and reduce stress with a licensed medical esthetician. Available services include relaxation, enzyme, hydrating, and acne facials; microdermabrasion; and upper back skin care.

Smoking Cessation

Quit smoking for good with this seven-session program "Smoke Free Solutions" by the DuPage County Health Department.

Weight Management for Children

In addition to weight management programs for adults (see nutrition counseling), the Wellness Center offers group exercise programs for children aged 10 – 15 years.