**JUMP START YOUR HEART**

This program follows the American College of Sports Medicine exercise guidelines. The sessions are conducted by Master’s and Bachelor’s prepared fitness professionals who are nationally certified and maintain certifications in CPR/AED/First Aid. Our instructors provide group support and motivation to meet all fitness levels.

**The Jump Start Your Heart program offers Phase 2 graduates:**
A clinically focused group exercise program, professionally supervised by degreed fitness professionals. Participants will be exposed to safe and effective techniques for improving current level of fitness through:

- Heart Rate or Rate of Perceived Exertion Training
- Blood Pressure Monitoring
- Continuous Education
- Individual Exercise Guidelines
- Incorporating Activities of Daily Living
- Progressive Cardiovascular Workouts
- Balance and Flexibility Work
- Resistance Training

**Benefits of Jump Start Your Heart: You may experience one or more of the following benefits from clinical programs:**

- Improved balance, strength & mobility
- Improved lipid levels
- Decreased body fat
- Lower blood pressure
- Increased knowledge of blood sugar management
- Increased social support which leads to greater compliancy
- Positive social interactions
- Stronger bones

**Good Samaritan Health and Wellness Center**
3551 Highland Avenue, Downers Grove, Illinois For information, please call Ed at 630.275.2888 or Colleen at 630.275.2874
www.advocatehealth.com/gsam/wellness

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**Typical class structure:**
- Warm up
- Guided resistance training
- Heart rate guided aerobic exercise
- Cool down through stretching and mobility exercise

**Jump Start Your Heart Class Times**
(Duration: 55 minutes):
- Monday, Wednesday & Friday
  7am, 8am, 10am or 11:30am
- Tuesday & Thursday 11am
- Monday & Wednesday 3:30pm
- Monday, Tuesday, Wednesday, & Thursday 6pm
  Sign in begins 15 minutes before class

**Cost: JSYH**
$90 for 12 classes; only $7.50 per class where you are monitored and guided by experts in the field.

When you become a member, price per class decreases to $3.33.

Enjoy 3 Complimentary Exercise Sessions when referred by your cardiologist.

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Results can be sent to your physician upon completion of this program.
Patient Name: ___________________________________________________________
Phone Number: __________________________
E-mail: ______________________________
Patient’s Signature: _______________________________________________________

Physician’s exercise recommendations and approval to exercise.
Do you have any exercise recommendations or does your patient have any limitations that need to be considered? _________________________________________________________________
_____________________________________________________________________
This patient is approved for participation in an exercise program at Good Samaritan Health & Wellness Center.

Physician Signature: _____________________________________________________
Print name: _____________________________________________________________
Physician phone: ___________________________ Date: _____________

Fax completed form to 630-275-2650

The staff at Good Samaritan Health and Wellness Center are nationally certified with backgrounds including exercise physiology, exercise science, nutrition, and athletic training. Our focus is nurturing the whole person in order to help your patients achieve total wellness.

3551 Highland Avenue, Downers Grove, Illinois 60515
For more information, please contact Colleen Eggers at 630-275-2874.
www.advocatehealth.com/gsam/wellness