



## Exercise is Medicine

Program requirements and verification form must be met and submitted to employee wellness by  
October 31, 2020

\*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Exercise is Medicine at the YMCA HEALTHY LIVING CENTER-INTEGRIS is a multi-phase, comprehensive 16-week medically based program for adults experiencing at-risk conditions such as lack of physical activity, hypertension, obesity, hyperlipidemia, or hypercholesterolemia. Throughout this program participants will learn how to reduce their risk and improve their overall health by adapting healthy behaviors that include exercise and movement.

### What to expect:

- Pre-program fitness assessment/biometric screening
- Weekly education and goal setting
- Strength training
- Cardiovascular training
- Group exercise introduction
- Post program assessment/bio-metric screening
- Continued follow-up with trainers.
- The program is 16 weeks in length, meeting twice per week.

### Program guidelines:

- 80 percent attendance
- Pre-program fitness assessment/biometric screening
- Weekly education and goal setting
- Post program assessment/bio-metric screening
- Meeting twice per week for 16 weeks
- Submit verification form upon completion

Program is at no cost if guidelines are met. **Limited capacity.**

If you are a current YMCA member, you will be reimbursed your individual dues upon completion.

To enroll, email [employee.wellness@integrisok.com](mailto:employee.wellness@integrisok.com)