

EXERCISE IS MEDICINE Program

A program for those experiencing, or at risk for, chronic health conditions.



At the **UNIVERSITY HEALTH CLUB**

Why This Program?

Do you want to...feel better? ...have more energy? ...exercise safely?

The University Health Club's EXERCISE IS MEDICINE Program plays a powerful therapeutic role in the prevention & management of many chronic health conditions. The goal is to facilitate support & accountability to accomplishing lasting improvements in health & fitness.

What Do We Offer?

Comprehensive 8-week exercise program for adults experiencing or at risk for chronic health conditions.
Safe, Clean & Professional Environment.
Referred Patient Cost is \$100 for 10 weeks.
Pre & Post Comprehensive Fitness Assessments.
Health Coaching.
Supervised Exercise Sessions.
Unlimited access to the University Health Club & its Facilities During the Program.

Who Are We?

Our EXERCISE IS MEDICINE team has over 7 decades worth of combined experience in the health & fitness industry.

Director

Kelley Spelman, Ph.D.,
CHES, ACSM-EIM,
ACE Certified Health Coach

Associate Director

Brian Phillips, M.S.,
NSCA-CPT, ACSM-EIM

Assistant Director

Lindsay Pettis, M.S.,
ACSM-CPT, ACSM-EIM

Fitness & Recreation Coord

Shawn Ogle, M.S.,
NSCA-CPT

Fitness Specialist

Terri Misialek, B.B.A

Other Facilities & Services Included with Membership to the University Health Club

Swimming Pool
Gymnasium - Basketball, Volleyball,
Pickleball, etc.
Group Fitness Studio
Locker Rooms
Machine & Free Weight Training
Cardiovascular Training
Racquetball & Squash Courts
Olympic Training Room
Indoor Climbing Wall
Café

UNIVERSITY HEALTH CLUB

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