

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?

ExeRcise is Medicine Program
Take this exercise prescription to the University Health Club for an exercise program.

Patient Name: _____ Date: _____
Phone: _____

Weight Loss Weight Gain
 Strength & Endurance Flexibility
ExR Focuses: Cardiovascular Balance
 Functional Fitness Other _____

Dr./Medical Professional Name: _____
Phone: _____

UNIVERSITY OF OKLAHOMA
 Health Sciences Center
 UNIVERSITY HEALTH CLUB
 1000 N. Lincoln Blvd.
 Oklahoma City, OK 73104
 (405) 271-1650 • www.ouhsc.edu/uhc

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

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

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