

GET PRESCRIBED FOR EXERCISE

Developed with guidance from physicians and physical therapists, Carilion Wellness offers specific clinician referral programs to meet individual treatment needs through exercise.



Focuses on prevention and is designed to improve your health by implementing a customized exercise plan. This program includes:

- » 2 functional tests (pre- and post-program)
 - » 4 one-on-one personal training sessions
 - » 60 day membership
 - » Access to four Wellness centers
-



Focuses on functional training for clinical issues, such as diabetes and heart disease. This program includes:

- » 3 functional tests (pre-, mid- and post-program)
 - » 6 one-on-one training sessions with an exercise physiologist
 - » 60 day membership
 - » Access to four Wellness centers
-



Designed for those in cardiac rehabilitation or have cancer, Parkinson's disease, multiple sclerosis or bariatric needs. This program includes:

- » 12-week introductory program
 - » 2 functional tests (pre- and post-program)
 - » 2 group exercise classes per week
 - » Access to four Wellness centers
-

Fit Rx: \$115 | Recovery Rx: \$230 | Take Control Rx: \$240

Contact your physician today to get started!

For additional information, visit CarilionWellness.com or call 540-853-0000.

