

# A WHOLE NEW PRESCRIPTION

IT'S TIME FOR YOU  
TO TAKE CONTROL

What if there was one medicine so powerful in maintaining and improving health that it could prevent or treat dozens of diseases, such as diabetes, hypertension, heart disease and obesity?

***There is...Exercise.***

*Talk with your doctor about the best exercise plan for you and bring your completed prescription to the Cincinnati Sports Club to begin your 60-day, \$60 Active Lifestyle.*

PATIENT NAME

DATE OF BIRTH

DATE OF OFFICE VISIT

**ACTIVITY RECOMMENDATIONS:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Cardiovascular | <input type="checkbox"/> Strengthening | <input type="checkbox"/> Reduction in Body Weight |
| <input type="checkbox"/> Stretching     | <input type="checkbox"/> Balance       | <input type="checkbox"/> Maintenance of Weight    |
| <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Core Strength |   |

**RESTRICTIONS:**

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PHYSICIAN SIGNATURE

PHYSICIAN NAME

PHYSICIAN STAMP



2 Convenient Entrances  
5535 Murray Ave. or 3950 Red Bank Rd.  
Cincinnati, OH 45227  
513.527.4000  
[www.CincinnatiSportsClub.com](http://www.CincinnatiSportsClub.com)



To find a physician for your health and wellness needs, visit [www.thechristhospital.com](http://www.thechristhospital.com)

# ***Exercise is Medicine***

**Get Active Feel Better** with the Cincinnati Sports Club's 60-day, \$60 program. Our professional staff works with all levels of fitness, including those new to an exercise program. At the beginning of the program, you and your coach will meet to tour the Cincinnati Sports Club, discuss your goals and answer any questions you may have. Your coach will work with you to develop goals that are achievable and tailored to your needs. After you are familiar with the Cincinnati Sports Club, you will work closely with your coach to achieve the goals you set. You will attend meetings, classes, and workout sessions while your coach encourages you along to success. At the end of the program, you will feel healthier, and you will be healthier.



One Prescription per Patient

## **Benefits of Being Active**

- Not only does regular physical activity help to control weight, it also reduces the risk for heart attack, colon cancer, diabetes, and stroke
- Regular, moderate activity is proven to lower blood pressure
- Muscle strength declines by approximately 15 percent per decade in the sixties and seventies and by about 30 percent there after. Regular strength training can slow this decline
- A recent study suggests that activity may help older adults reduce any cognitive decline they experience as they age
- Patients with heart failure benefit from exercise in many ways: it improves the tone and lining of the blood vessels, improves a muscle's ability to pull out oxygen, and lowers levels of neuro-hormones that can contribute to symptoms.

[www.CincinnatiSportsClub.com](http://www.CincinnatiSportsClub.com)

To find a Christ Hospital physician, visit [www.TheChristHospital.com](http://www.TheChristHospital.com)