The Medically Oriented Gym

Services included with MOG Membership

- **Health assessment**
  - Full review of medical and orthopedic history
  - Measurement of chronic health risk via BMI, body fat %, waist circumference, and VO2

- **Orientation to exercise equipment**
  - Cardio equipment
  - Weight machines

- **Education on FITT principle (Frequency, Intensity, Time, and Type) of exercise**
  - Based on individual’s current health status, level of conditioning, goals, etc...

- **Individualized and detailed exercise program outline**
  - Cardio
  - Resistance: upper body, lower body, core
  - Flexibility
  - Balance and coordination

Other Services Available

- **Group classes**
  - 1-6 individuals
  - Facilitated by exercise physiologist
  - 45 min resistance training utilizing body weight, resistance bands, free weights

- **Home Exercise Program:** if MOG is too far away, or if client already belongs to another gym, or if client wants to perform exercise at home
  - Initial appointment
    - Health assessment
    - Goal development
    - Discussion of resources/equipment that will be available to client to use
  - Design of comprehensive individualized exercise program
    - Pictures of exercises and stretches
    - Detailed instructions of exercises and stretches
  - Follow-up appointments (one or more)
    - Learn proper execution of exercises
    - Determine if any exercise needs modification based on client limitations
    - Education on FITT principle (Frequency, Intensity, Time, and Type) of exercise
  - Education on appropriate progression of exercises

- **One-On-One Training Sessions**
  - One-time, weekly, and/or monthly basis
  - E.g. personal training – different routines/exercises each time