

Next Steps

The Health & Fitness Center at
Washtenaw Community College

9 Specialized Programs

The Next Steps collection features fitness programs for individuals transitioning from or managing a medical condition or needing additional support to improve their level of physical activity.

Cancer Fitness improve muscle function, range of motion, and reduce fatigue and depression

Cardiac Fitness reduce your risk of cardiovascular disease through this heart-healthy program

Diabetes Fitness manage Type I or Type II diabetes or pre-diabetic symptoms

Functional Fitness improve daily function and reduce pain with gentle movement

Orthopedic Fitness a recovery program after an orthopedic surgery or to manage a reoccurring injury

Pre-Hab Fitness get in shape before surgery and have a quicker, easier recovery

Pulmonary Fitness supervised program that improves lung function for those suffering from pulmonary or respiratory conditions

Transitional Care improve your health and stamina with exercise

Weight Management set realistic goals, change old habits, and achieve a healthy weight

All 8-week programs offer:

- Assessments at the beginning and end of the program
- Individualized exercise plan
- Two 60-minute group workout sessions per week
- A summary report provided to you and your physician
- Unlimited full access to the center and its amenities
- Option to transition to full membership with free enrollment after program is completed

Medical Fitness Referral

Referral from a healthcare provider is required to participate in a Next Steps fitness program.

Patient Name DOB

Referring Physician/Therapist

Referring Physician/Therapist Phone

Patient is referred for (choose the most appropriate program):

- | | |
|---|---|
| <input type="checkbox"/> General Membership | <input type="checkbox"/> Pre-Hab |
| <input type="checkbox"/> Cancer Fitness | <input type="checkbox"/> Pulmonary Fitness |
| <input type="checkbox"/> Cardiac Fitness | <input type="checkbox"/> Orthopedic Fitness |
| <input type="checkbox"/> Diabetes Fitness | <input type="checkbox"/> Transitional Care |
| <input type="checkbox"/> Functional Fitness | <input type="checkbox"/> Weight Management |

Please list any exercise restrictions or recommendations:

Signature Date

About Us

Unlike other fitness centers, The Health & Fitness Center at Washtenaw Community College uses a medically-based approach.

- Exercise plans address special instructions from your physician or healthcare provider
- Exercises are selected to meet your specific healthcare needs
- Fitness specialists have a health-related degree and are nationally certified
- The Health & Fitness Center at Washtenaw Community College is a Certified Medical Fitness Facility, which demonstrates our facility meets and exceeds the industry's highest standards



The Health & Fitness Center
AT WASHTENAW COMMUNITY COLLEGE

Live life to the fittest.



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