

# Exercise Resources

**\*Please contact a Weight Management Specialist at 920-568-5489 for more detailed information about any of the listed resources.**

## How Fort HealthCare Can Help You:

**\*Prior to beginning any new exercise program, please take the brief PAR-Q Test to determine if notifying or visiting your doctor is needed for participation clearance.**

According to the Center for Disease Control and Prevention, the recommended amount of exercise every individual should get on a weekly basis at a minimum is 150 minutes of a moderate-effort exercise or at least thirty minutes per day on five or more days of the week.

## Exercise Programs:

**Movin' & Losin'**—A weight management program, delivered in two twelve-week sessions, designed with educational and exercise components to help participants reach their individual wellness goals. Wellness specialists along with special guest lecturers will cover different topics related to nutrition, exercise, and overall health each week. Participants will need to dress in comfortable clothing and tennis shoes as each class incorporates at least thirty minutes of physical activity. Classes will be held in the Fort HealthCare Cardiopulmonary Rehab facility located on the first floor of the south end of the hospital.

**Contact:** Tiffany Pernet, Fort HealthCare Worksite Wellness Specialist ([tiffany.pernat@forthc.com](mailto:tiffany.pernat@forthc.com)) at (920) 568-5475 or Marci Pasquesi, Fort HealthCare Community Programming Coordinator ([marci.pasquesi@forthc.com](mailto:marci.pasquesi@forthc.com)) at (920) 568-5244. Online registration is also available at [FortHealthCare.com/Classes](http://FortHealthCare.com/Classes).

**Get n Fit!**—Work with a Certified Athletic Trainer who will customize a fitness program to your individual needs. This program is targeted for the adult who needs help starting an exercise program or someone looking to change up their exercise routine, but doesn't know how to go about it. Work in a group setting at Fort HealthCare Therapy & Sport Center or set up an individualized fitness program to perform at home. Baseline testing completed upon request.

**Contact:** Fort HealthCare Therapy & Sport at (920) 563-9357 or register online at [FortHealthCare.com/Classes](http://FortHealthCare.com/Classes).

**Fort HealthCare's Group Fitness Classes**—Whether you're looking for a beginner or group exercise class or are looking for a class that challenges you, we have a variety to choose from to fit your needs. Work with motivating, certified instructors to get the most out of each class.

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**EDGE Training Program**–Work with a Licensed Athletic Trainer who helps individuals improve their strength and power workouts, endurance, and flexibility. Lessons in nutrition, stress management, positive mindset, and injury prevention are also provided.

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**Family Movin' & Losin'**–This 10 week family fitness program is designed for families with children ages 5-16 who are looking for ways to incorporate healthy eating and a more active lifestyle into their lives. A Pediatric Nurse Practitioner covers a different topic each week related to nutrition, and healthy eating. Physical Therapists and Occupational Therapists lead kids and their parents in fun, family fitness activities. The course is designed to guide families in making healthier choices while having fun.

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**Health Coach**–Work one-on-one with an ACE-Certified Health Coach who will help develop strategies to safely engage people in health behavior changes and self-management of health conditions resulting in improved overall health. The will help keep you motivated and accountable for your own actions.

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**Fitness Testing**–The first step in any program is to understand and asses what can be done. Get started with a physical fitness assessment provided by trained individuals who can better assist you in determining what your overall fitness level is, what fitness goals you might have, and the steps that will be needed to achieve those goals.

Contact: Marci Pasquesi, Fort HealthCare Community Programming Coordinator ([marci.pasquesi@forthc.com](mailto:marci.pasquesi@forthc.com)) at (920) 568-5244.

**Fort HealthCare's Indoor Walking Path**–Walk in the comfort of a climate-controlled, carpeted area with windows to view the outside without worrying about the heat, cold, rain, or snow! You are able to use the facility at no cost and at your own pace. Please enter the hospital through the Ambulatory Entrance off of McMillen Street, sign in at the information desk, and you are set to go!

**12-Week Walking Program**–Basic beginner guidelines for a twelve-week walking program. This is a great place to start if you have not engaged in physical activity recently.

**30-Day Walking Challenge** (My Fitness Pal)–For those who walk for exercise, challenge and commit yourself to a thirty-day program. There are beginner, intermediate, and advanced programs based on the number of steps that need to completed each day. Figure out where you fit and start the challenge today! More information on the program is located here: **FitnessPal Blog**.

**Cardiopulmonary Wellness Hours**–Exercise at the Fort HealthCare Cardiopulmonary Rehab facility. Set up an orientation meeting for instructions on how to use the equipment. *\*Limited hours are available in*

*order to meet the needs of the Cardiopulmonary Rehab patients. Employees of the hospital can use the equipment for free. All others can purchase sessions at a discounted rate and use the equipment during open hours. The facility is located on the first floor of the hospital at 611 Sherman Avenue East in Fort Atkinson. Open morning hours are Mondays, Wednesdays, and Fridays before 6:30 a.m., and Tuesdays and Thursdays before 7:00 a.m. Afternoon open hours are Monday-Thursday after 3 p.m. and Friday after 2 p.m.*

Contact: (920)-568-5349 to set up an initial orientation meeting.

## Free Mobile Applications:

[MyFitness Pal](#)– Helps you to set a weight loss goal. Record daily food intake and activity and helps monitor your progress to stay on track. Easy to use calorie-counter with the largest food database available. Barcode scanning capability. You can also connect with the My Fitness Pal support community for motivation and to cheer each other on.

[MapMyRun, MapMyWalk, or MapMyFitness](#)– Fitness tracker that enables you to use the built in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled. View your exact path you traveled on an interactive map.

[Endomondo Sports Tracker](#)–Uses a GPS system to track and record your fitness activities. Device helps you make a plan for your exercise and set new targets for any sport or activity. It gives you “real time” audio feedback as to how you are doing. Take a fitness test to start so the tracker can discuss your fitness level and help you develop a plan.

[SworKit](#) – App allows you to customize and play personalized video workouts. Choose the types of workouts that you would like: strength, cardio, yoga, or stretching, and you’ll receive video instruction of the routine. Pick the amount of time you would like to work out. Ranges from 5 minutes to 60 minutes.

[Virtual-Walk](#) – Motivating app that you can use to spice up your everyday walk on a treadmill, track, or outdoors. Your distance gets plotted on a virtual walk through a scenic or historic place. At checkpoints along the way, you can view photos and information about the sights on your virtual walk.

## Activity Trackers:

[FitBit](#)–Wireless activity tracker that measures steps, distance traveled, calories burned, floors climbed, activity duration and intensity, and sleep quality. Variety of trackers available from clipping on a belt to wearing on your wrist.

[Garmin Watch](#)–Wireless activity tracker that measures steps, distance traveled, and calories burned. It also has GPS capability so you can map out a route you walk, run, or bike. Look at it on the watch or upload it to a computer or smartphone.

[Jawbone UpBand](#)–Wireless activity tracker that measures steps, distance traveled, calories burned, and sleep quality. Worn around the wrist.

## Additional Websites:

[SparkPeople.com](http://SparkPeople.com) – Weight loss resource that guides you to be an overall healthier person. It provides nutrition and fitness information including articles, videos, support, blogs, and food and exercise trackers. Offers great motivational and emotional support.

[MyFitnessPal.com](http://MyFitnessPal.com) – Set a daily calorie goal and record your daily food intake and exercise to make sure you stay on track.

[FitnessBlender.com](http://FitnessBlender.com) – Free workouts that you can customize to your desired time, fitness level, energy level, and availability of equipment. Offers meal prep, diet planning, articles, recipes, and blogs. Track your workouts, or find support and encouragement from the web community.

[DailyBurn.com](http://DailyBurn.com) – Workout programs taught by expert certified trainers. For beginners or the more advanced. Whether you have 15 minutes or 1 hour, there is a workout for you. Start with a free 30 day trial then sign up for a monthly subscription which can be canceled at any time.

[Builtlean.com](http://Builtlean.com) – Fitness tips to get lean, toned, and to lose fat. Fitness programs to help busy individuals get stronger, leaner, and fitter. Articles about healthy eating, strength training, fitness motivation, workouts and cardio training and supplements. Take a 12-week transformation challenge.

## Exercise DVDs:

**At-Home Challenge. *The Biggest Loser*** – Join the Biggest Loser trainers for four ten-minute workouts designed for maximum results. Phase one includes aerobic moves used for tennis and athletic training, while the strength component builds lean, powerful muscle through bodyweight training. Phase two uses light weights to get your metabolism working more efficiently.

**Burn Body Fat. *Leslie Sansone*** – Walk-at-home DVD that provides up to five miles of exhilarating multi-muscle cardio and fat blasting. Customize your walk by mixing and matching the five different miles to create your own personal workout for pure fat burning fun.

**Losing it and Keeping it Off. *Valeri Bertinelli*** – Work with trainer Christopher Ross Lane and Valerie Bertinelli to achieve weight loss results with two different workouts, Body Basics and Keeping Fit. Additional Abs Sculpting is also included to help tighten and tone the abdominal muscles.

**Power Sculpt. *The Biggest Loser*** – Work with Biggest Loser trainer Bob Harper and past contestants to walk off the weight with four low-impact one-mile indoor walking workouts designed to get your heart pumping.

**The Walk Diet. *Leslie Sansone*** – An activity-based DVD that includes a beginner's one-mile workout that will boost your energy and attitude and a two-mile workout to help you get toned and trim.

## Book Reviews:

The following star rating system and reviews are the opinion of Dr. James Martin MD, MPH. They are meant as a resource to help you decide which books may be the most helpful for your needs.

**Fitness for Dummies** *Suzanne Schlosberg and Liz Neporent*



Not sure what kind of exercise is right for you? This book is a great place to start. An easy read with practical information and advice on all exercises, from aerobic training to weight lifting to yoga to Pilates to education on the different kinds of exercise equipment available.

**Fit Over 40 for Dummies** *Betsy Nagelsen McCormack*



For people who are getting older and want to begin an exercise program, this book provides all the basic essential information for getting started the right way; everything from proper exercise clothing to avoiding injuries.

**Transformation** *Bill Phillips*



This book provides an interesting perspective on how to go about changing one's life. It includes discussions and examples of the physical, psychological, spiritual, and emotional factors that need consideration to make a lifelong transformation.

**Walk Your Butt Off! Go from Sedentary to Slim in 12 Weeks with this Breakthrough Walking Plan**

*Sarah Lorge Butler*



This clearly written book provides an easy-to-follow plan for increasing your activity level with one of the best exercises to help lose weight and improve overall health – walking. The authors provide plenty of information to answer nearly any question you might have about walking as exercise. It is debatable that their assertion that diet is not very important for weight control; regardless, the exercise advice as presented is quite good.