

## Fitness center facts at a glance

- Open to the public
- Competitive membership rates
- No contracts or personal training fees
- Exceptional staff



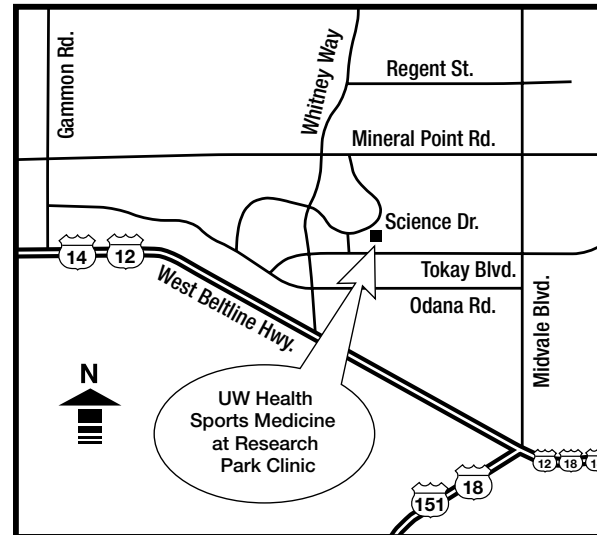
Regular physical activity has a substantial positive impact on your health regardless of your age or ability. The UW Health Sports Medicine Fitness Center understands and promotes the essential role that physical activity plays in optimizing health.

Whether you are a sedentary person who has just been told by your doctor that you need to become more active or you are a master athlete wanting to train for the next level of competition, UW Health Sports Medicine Fitness Center has a program to meet your goals.

## How to find us



### Research Park Clinic



# UWHealth

University of Wisconsin  
Sports Medicine



621 Science Drive  
Madison, WI 53711  
(608) 263-7936  
uwsportsmedicine.org

## Sports Medicine Fitness Center



## Exercise for everyone

# UWHealth

University of Wisconsin  
Sports Medicine



uwsportsmedicine.org

## How we're different



UW Health Sports Medicine Fitness Center is a medically based facility. We will help you develop the best possible exercise and physical activity plan to meet your unique situation using the following information:

- Specific goals and interests
- Motivational and support needs
- Scheduling needs
- Personal health/medical condition

As needed, we communicate with other members of your health care team—including your physician, physical therapist or nurse—to create a program that best fits your current health condition. As part of the UW Health Sports Medicine Center, we have access to additional resources available through UW Hospital and Clinics and the University of Wisconsin system.

### Services offered

The Sports Medicine Fitness Center offers you flexibility to sign up for a fitness center membership, enroll in exercise classes or do both.

### Fitness center membership

- Individual and family memberships for ages 15 years and up
- Access to the fitness and aquatic centers
- Flexible membership periods of 1,3,6,9 or 12 months
- Comprehensive assessment and consultation with an exercise specialist
- Customized fitness program to meet your specific goals regardless of your fitness level
- Unlimited staff consultation and personal appointments with staff
- Free introductory nutrition consultation with UW Health dietician



### Exercise classes

- Variety of land and water-based classes for all fitness levels
- Social support, group motivation and accountability
- Skilled and experienced staff help individuals with injuries, illnesses or other medical conditions select classes best suited for their needs
- Classes are half price for fitness center members

### Staff expertise

- Staff members are committed exercise professionals. Each has a minimum of a Bachelor's degree in exercise physiology or a related field. Many of our staff have advanced degrees
- Staff members have unique professional experiences in specialties such as physical therapy, athletic training, cardiac rehabilitation, performance sport, diabetes management and coaching
- All staff members are trained in CPR and emergency responses

### Get started today

Physician authorization and a fitness evaluation are necessary before signing up for a fitness center membership or enrolling in a class. If you are uncertain about what is the best option for you, we will guide you to the best program for your specific situation. For more information about membership, classes or any of our programs, see [uwsportsmedicine.org](http://uwsportsmedicine.org) or call (608) 263-7936.

