

TOGETHER

A BRIDGE TO YOUR FUTURE

Your Nurse program for adults, is an individualized exercise program for the for individuals needing or desiring a healthcare professional to oversee their health & wellness jouney. It ensures every participant an increase in cardiovascular fitness safely. The mode, intensity, duration, and frequency of exercise is personalized for safe limits and constant progression. Current educational material is made available and includes information on items such as a heart healthy diet, behavioral changes to reduce risk, and how to be aware of signs and symptoms of exercise intolerance.



“The focus on good health begins with paying attention to our bodies. Are we satisfied with how we feel and how we act and should we do “something” to improve what we have observed? Help is available. Assessment, direction and monitoring can help you change what you have decided to change. The choice is yours.

–Nurse”

**INITIAL
EVALUATION
CONDUCTED BY
NURSE**

STEP 1

Health history including current medications and allergies

STEP 2

3 Lead ECG, blood pressure and oxygen saturation.

STEP 3

Risk factor analysis & discussion of positive risk factors and behavior modifications

STEP 4

Target heart rate determination

STEP 5

Individualized exercise program created

STEP 6

Presentation of proper phase of exercise

Additional features

Progress reports and chart sent to any of your physicians

Review of recent lab tests, EKG, etc.

One-on-one and phone consultations with the nurse available as needed



JUST FOR YOU

A risk factor analysis will be performed during the initial evaluation. The primary doctor will be contacted with the results of the initial evaluation. An individualized treatment for weight and health goals along with an exercise program will be established. This will be reviewed with the physician. Educational material will be provided and reviewed on an individual basis.

ENROLL

Program Details

YMCA Members: \$20 monthly

Non-Members: \$40 monthly

Registration covers 60 minute initial one-on-one evaluation with nurse.

Your nurse program is held mainly Monday, Wednesday and Friday.

All appointments are scheduled.

Wilkes-Barre Family YMCA members are granted full use of the facility, its programs and may conduct their workouts at any time. Participants in your nurse program who are not members are limited to use only during scheduled appointments.

At the Wilkes-Barre Family YMCA, your RN is Michelle Gilligan. Michelle can be reached at 570-970-5034 Monday, Wednesday and Friday from 9am - 12pm.



WILKES-BARRE FAMILY YMCA
40 W NORTHAMPTON STREET
WILKES-BARRE, PA 18701
570-823-2191
www.wbymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR NURSE

WILKES-BARRE FAMILY YMCA



Your Nurse is a program staffed with our in-house RN and a team of certified personal trainers. Together they help you reach your fitness goals.

Live a full life without the threat of heart disease, diabetes and high blood pressure. Fulfill your dream.