



Forward Motion

Facilitating Exercise Independence

Forward Motion is a unique exercise program specifically designed to address the needs of patients recently discharged from outpatient rehabilitation and Olympic Center membership candidates who are not ready to begin an independent exercise program. Forward Motion provides a safe exercise program while introducing participants to the fitness environment in a non-intimidating manner. All participants are guided through an individualized exercise program that incorporates health and fitness goals and addresses fitness deficiencies in strength, endurance or flexibility. The ultimate goal of Forward Motion is to help participants assume responsibility for their own exercise program while under the guidance of a qualified fitness expert.

Who is this program for?

- Patients discharged from outpatient cardiac or pulmonary rehabilitation or physical, occupational or speech therapy
- Individuals who are not ready to begin an independent exercise program

Program features

- Pre- and post-program assessment
- Individualized exercise program under the guidance of a registered nurse and degreed exercise specialist
- Gradual coaching and instruction to assume exercise independence
- 8 week program meeting 3 times per week in a group setting
- Waived Olympic Center enrollment fee upon completion of program

Program requirements

- Patients must have a referral from a physical, occupational, or speech therapist or a cardiopulmonary rehab specialist at ETMC
- Non-rehabilitation candidates must have a referral from their physician
- Program fee is \$50/month

Call 903-596-3233
for more information.

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