

A prescription for exercise...

Research has shown that regular physical activity is one of the most important things you can do for your health. It can help control weight, reduce your risk of cardiovascular disease, reduce your risk for type 2 diabetes, strengthen your bones and muscles, improve your mental health and mood, and increase your chances of living a longer life.

The ArenaRx program is a three-way partnership between The Arena Club, your physician, and you. With a prescription for exercise from your physician, you will have low-cost access to the best fitness facility and services in the area for sixty days, along with expert fitness guidance, progress monitoring, and reports to your physician (if requested). ArenaRx is a great way to get a jump-start in creating a healthier you.



Who can enroll in ArenaRx?

Anyone can participate in ArenaRx with a completed "script" for exercise from a referring physician. ArenaRx is a great option for those who have had medical issues and need some guidance in starting an exercise program, or simply those who just want to get back into exercise. ArenaRx offers people an opportunity to get back into a structured environment and offers accountability and motivation to help get you started.

How much will ArenaRx cost?

The ArenaRx program costs only \$1.67 per day, totaling \$100 for 60 days.

What is included with Arena Rx?

Each participant will receive a 60-day wellness program that includes a health history evaluation and wellness plan with our program coordinator. During the 60 days, participants have full access to The Arena Club facilities and the opportunity to participate in weekly small group training sessions or aquatic group training sessions in our salt water therapy pool with other ArenaRx participants.

- Health history evaluation
- Equipment orientation
- Access to 8 weekly small group training sessions and 2 weekly aquatic sessions led by a Certified Personal Trainer
- Access to all group exercise classes
- Full access to Arena Club facility and amenities during the 60 days
- Member discounted pricing on any additional wellness programs

What happens after ArenaRx?

The Arena Club is happy to provide progress reports to referring physicians at the conclusion of the ArenaRx program, if requested. ArenaRx is a one-time, transitional program designed to help participants build a foundation for lasting wellness. We encourage graduates to continue their health journey as full members of The Arena Club, with special joining incentives available to make the transition easy and rewarding.

How do I get started?

Ask your physician if you are a candidate for the program. If so, your physician simply completes the referral form on the back of this brochure and can either fax it to The Arena Club or return it to you to bring in completed. Our Arena Rx program coordinator will contact you within 48 hours to get you back on track to achieving a healthier, more active lifestyle. You may also contact us directly if you have any questions or would like more information.



410-734-7300

2304 Churchville Road
Bel Air, MD 21015
www.thearenaclub.com



- Arena RX**
 - General Health Track
 - Diabetes Management Track
 - Healthy Hearts Track
 - Pre/Post Natal Track
 - Surgery Track (Hip & Knee)
 - Surgical Weight Management Track
 - Pediatric Obesity
- Cancer Wellness**
- Other** _____

Patient is cleared for unsupervised exercise. If there are any precautions/special conditions please list here.

Patient Information

Patient name _____

Patient phone _____

Date of Birth _____

Fax completed form to:

The Arena Club
 2304 Churchville Road
 Bel Air, MD 21015
 Phone: 410-734-7300
 Fax: 410-734-7371
 www.thearenaclub.com



**Thank you for
 prescribing exercise.**

Provider Information

Provider name (print) _____

Provider signature **X** _____

Date _____

Practice mailing address

Phone _____

Method of Contact

Please check any/all that apply:

- Mail me patient updates/progress reports
- Please advise me if patient does not pursue program
- I do not require follow-up on this patient at this time

Provider Stamp