

WakeMed Healthworks Safeway to Fitness Program Description

Safeway to Fitness is a Healthworks program designed to meet identified needs of individuals in our community who have either completed the outpatient cardiac rehabilitation program or who want or need structure and supervision in an exercise program.

The Safeway to Fitness program will follow applicable policies and procedures of WakeMed Rehab and Healthworks, including confidentiality, emergency situations and safety and security.

The Safeway to Fitness program is coordinated and the program provided by Healthworks fitness specialists with input and medical attention, when necessary, from Healthworks management and nursing staff. The program coordinator:

- Provides guidelines for program design and implementation
- Obtains medical clearance when applicable or necessary
- Maintains necessary communications with participant's physician(s) as it relates to their safe participation, plan of care or change in the participant's medical or physical status
- Designs initial exercise prescriptions
- Provides program progression
- Evaluates program outcomes
- In conjunction with the department secretary maintains all financial records and receipt of monies

Each exercise class session includes the persons served and one clinical professional from either the exercise science or nursing discipline. Contributing professionals to the provision of services and program quality may also include a nutritionist, pharmacist or diabetic educator. As individual needs or physical problems that may limit the participant's functional ability are identified, the participant may be referred to physical or occupational therapy or other medical specialist(s).

The Safeway to Fitness program includes:

- Initial consultation with the program coordinator (cardiac rehab graduates are exempt from this consultation)
- Identification of risk factors for cardiovascular disease
- Other disease/health conditions (past or present) that may

negatively impact daily functioning

- Participation in group exercise classes, which includes: warm-up, cardiovascular conditioning, muscular strength and toning, cool-down, flexibility and relaxation
- The opportunity to participate in small group nutrition education classes
- Monthly lectures

Review of the participant's progress is done on an informal basis within the class setting in one-on-one interactions with individuals unless otherwise requested by the participant.

If services not available within the context of the Safeway to Fitness program are needed, referrals or consultations will be made available to provide participants with appropriate services, which may include, but are not limited to:

- All medical, diagnostic and laboratory services offered at WakeMed or the participants preferred provider
- Physical or Occupational Therapy
- Diabetes Management
- Community support agencies or support groups
- Caregiver/Family Services
- Substance Abuse Counseling

Participation in the Safeway to Fitness program is on a voluntary basis and participation in the program is for a duration determined by each individual or in coordination with the program coordinator should a change in medical or physical status be identified.