



LiveWell
FITNESS CENTER



Programs & Services



**ABBOTT
NORTHWESTERN
HOSPITAL**

Allina Hospitals & Clinics



The LiveWell Philosophy

encourages everyone to seek their highest level of well-being every day. Being healthy and fit is more than a trend or a passing fad. It does not happen by chance. It is a series of choices that becomes a way of living – *choose to LiveWell.*



LiveWell exists to encourage optimal health and an enhanced lifestyle for individuals by offering a full spectrum of programs and services. Our professional staff of exercise physiologists, licensed nutrition experts, aftercare specialists, wellness coaches and certified Pilates instructors is available to help you design an exercise and nutrition plan that allows you to meet your personal health and fitness goals.



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Fitness Services

Fitness Profile

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes:

- helpful information to make certain your exercise program is safe, effective and enjoyable
- an intake of your health history
- complete muscular strength, flexibility, body fat (skin fold or bod pod) and muscular endurance tests
- a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges.

An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program. It is recommended that you complete a Fitness Profile every 6-12 months to check your progress and receive an updated program.

Time: **75-90 minutes**
Member cost: **\$69** (\$59 with purchase of a personal training package)
Non-member cost: **\$89** (\$79 with purchase of a personal training package)

Sports Performance – Exercise Metabolic Assessment

Member cost: **\$150**
Non-member cost: **\$175**

**Qualifies for Allina's employee benefits \$25 Be Fit reward.*

Body Composition Analysis

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis does just that. This analysis is helpful to both those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured.

The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and state-of-the-art Bod Pod technology, which is highly accurate. Following completion of your assessment, you will receive your results and recommendations for ideal goals. Purchase a Burn Rate Package and receive a Bod Pod and Body Gem metabolism test at a reduced rate.

Skinfolds:
Time: **30 minutes**
Member cost: **\$25**
Non-member cost: **\$35**

Bod Pod:
Time: **45 minutes**
Member cost: **\$40**
Non-member cost: **\$55**

Personalized Exercise Training

The Personalized Exercise Training program provides a personalized approach to exercise. If you have never exercised before, or you never seem to see the results you desire, a personalized training session can help you succeed. This program starts with a Fitness Profile session to assess your needs and establish realistic goals. Your exercise specialist will work with you to design a program that is not only enjoyable, but effective and highly motivating. Programming may include exercises to enhance cardiovascular endurance, muscle conditioning, flexibility, balance, posture, weight management, sports performance and strategies for adhering to your program. You can be certain that your program is safe and customized to meet your needs. All of our exercise specialists hold degrees in exercise science or physical therapy and have extensive experience working with diverse populations.

Time: 60 minutes per session

Member cost:

Single \$60 per hour

Package of 3 \$170

Package of 6 \$325

Non-member cost:

Single \$70 per hour

Package of 3 \$195

Package of 6 \$375

30 Minute – Express Training Sessions:

Short on time? Looking for a quick program update? Personal Training sessions may be divided into 2 separate 30 minute appointments.

**A current Fitness Profile (completed within six months of start date) is required to begin training. Receive a special Fitness Profile rate with a training package purchase.*

Pilates Reformer Training

Pilates Reformer Training is an exercise format that is designed to strengthen and lengthen your muscles by using gentle resistance created by an exercise device called a Reformer. This low impact exercise form will allow you to work all of the body's muscle groups or precisely target specific areas. Exercises can be modified for most exercise levels and physical limitations. All sessions are a one-to-one experience led by a Stott® certified Reformer instructor. If you are new to Reformer Pilates, it will be necessary to complete a Beginner's package prior to purchasing additional sessions.

Beginner's package

New participants must complete this package, which includes a 60-minute assessment to understand your needs and medical history and to evaluate your posture, range of motion and strength. The mechanics of the Reformer machine and the basics of Pilates are taught. An individualized program is outlined for the most efficient program. This package also includes three 30-minute individual, follow-up sessions.

Member Cost: \$165

Non-member cost: \$175

Individual Sessions and packages

After completion of a Beginner's package, individuals may purchase single sessions or additional packages for additional savings and a more comprehensive program.

Time: 60 minutes per session

Member cost:

Single \$65 per hour

Package of 3 \$185

Package of 6 \$335

Non-member cost:

Single \$75 per hour

Package of 3 \$215

Package of 6 \$385

Heart Zone Training Package

It does not matter if you are new to exercise or if you regularly participate in cardiovascular exercise, heart rate zones can be confusing. This package will:

- help you understand heart rate zones and why it is ideal to train in the “zone”
- determine your personal heart rate range and establish an ideal plan to meet your goals
- establish your current level of fitness by completing a cardiovascular treadmill assessment
- provide you with an Ekho Heart Rate monitoring system to measure the effectiveness of your program
- help you implement your new plan through a personal training session with an expert.

Time: 90 minutes

Member cost: \$150 (includes an E-10 Ekho Heart Rate monitor)*

Non-member cost: \$159*

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Assisted PNF Stretching

PNF Stretching, or proprioceptive neuromuscular facilitation, is one of the most effective forms of flexibility training to increase your range of motion. Whether you are a competitive athlete or just enjoy exercise for its health and fitness benefits, these stretch sessions will invigorate tight muscles and increase blood flow and flexibility. Studies have shown that muscle elasticity afforded by PNF stretching increases the range of motion in joints, enhances physical performance and greatly decreases risk of injury.

Time: 15 minutes per session

Member Cost: \$15 Non-member cost: \$18

Time: 30 minutes per session

Member cost: \$30 Non-member cost: \$35

Fitness Rehabilitation

LiveWell Fitness Rehabilitation

LiveWell Fitness Rehabilitation provides individuals with specialized one-to-one guidance from our medical fitness expert. If you have a referral from your medical doctor or are experiencing uncomplicated acute or chronic complaints, you would benefit from the assistance of our staff. We will work with your personal physician or clinical rehabilitation specialists to customize your program. This program is not intended to replace a traditional physical therapy program or phase II cardiac rehabilitation. Its purpose is to help you make a safe transition to self-sufficiency in the health-club setting.

Time: 60 minute per session

Member cost:

Single \$65 per hour

Package of 3 \$185

Package of 6 \$335

Non-member cost:

Single \$75 per hour

Package of 3 \$215

Package of 6 \$385

**A current Fitness Profile (completed within six months of start date) is required to begin training. Receive a special membership Fitness Profile rate of \$55 with a training package purchase.*



Injury Assessment

Do you have a new pain or an old injury that prevents you from exercising or doing everyday activities? An injury assessment may be what you need to get moving again. You will receive an individual evaluation from a physical therapist. Self-treatment recommendations and/or further evaluations by your physician may be suggested.

**Please schedule 30 minutes for one area of concern and 60 minutes for two areas of concern or for a neck or back problem.*

Time: 30 minutes

Cost: \$35

Time: 60 minutes

Cost: \$65

Cancer Survivorship Services

Personalized Services

LiveWell Fitness Center offers a full spectrum of services to support your journey to optimal health. Our professional staff of exercise physiologists, physical therapists, nutritionists and wellness coaches will help you design a program that may include a variety of fitness, nutrition and wellness coaching services. Most individuals begin with a Fitness Profile appointment to determine their current level of fitness, needs and create an overall plan of action which may include one-to-one services and/or our Healthy-Steps Exercise Program.

Healthy – Steps Exercise Program

The Healthy – Steps Program moves you to better health through therapeutic dance and movement exercises. The program is based on the Lebed Method which was designed for women receiving any kind of breast cancer intervention but, it has also benefited people with other forms of cancer. Additionally, anyone who has a chronic condition such as arthritis, M.S., Fibromyalgia, obesity, or who simply lacks movement in their life will find the class beneficial. The program is a fun way to help regain and maintain range of motion, improve stamina, reduce the risk of lymphedema and rebalance the body both physically and emotionally. Be prepared to have fun!

Time: Class meets weekly for 1 hour. Sessions are 6 weeks in length.

Cost: \$79

Contact the LiveWell reception desk for current class times.



Nutrition Services

Personal Nutrition Counseling

If you want to feel your best and get the most out of your workout routine, Personal Nutrition Counseling is for you. This service allows you to address nutrition topics of your choice on your own schedule. You will work one-on-one with licensed nutrition experts who offer knowledge, skills and tools to help you achieve your goals. Customized suggestions will be provided to you based on a personalized nutritional assessment. You may purchase one session or combine several sessions to develop a more complete nutrition or weight loss program. The following are some topics you may wish to cover:

- long-term weight loss
- healthy eating in the fast lane
- sports nutrition
- positive goal setting
- quick and easy recipes
- supermarket smarts shopping
- nutritional management of chronic conditions
- vitamins and supplements
- making good habits stick
- how to avoid stress eating
- nutrition for kids
- vegetarian nutrition

*Time: **60 minutes***

*Member cost: **\$60***

*Non-member cost: **\$75***

BodyGem™ Resting Metabolism Testing

Do you know how many calories you should eat and burn during exercise on a daily basis? State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals. Purchase a Burn Rate Package and receive a Bod Pod and Body Gem metabolism test at a reduced rate.

*Time: **60 – 75 minutes***

*Member cost: **\$85***

*Non-member cost: **\$95***



Take Action Group Weight Management Program

The Take Action Program is a highly successful program of action for people who want to lose weight and keep it off. The 12-week Take Action Program was developed around extensive research on permanent weight loss. Participants learn the skills they need to manage their weight, including a regular program of exercise, healthy nutrition and lifestyle modification. Healthy habits are developed and reinforced through group support and weekly sessions covering nutrition and behavioral changes. The program also includes a personal nutrition consultation, Fitness Profile, resting metabolism measurement, personalized exercise training session, comprehensive manual, and wellness coaching. Call the LiveWell Fitness Center for a current class schedule. Non-members of the LiveWell Fitness Center will also have access privileges to exercise at the center during specified hours.

*Member cost: **\$299***

*Non-member cost: **\$349***

Allina employees may qualify for a \$200 Be Fit reward and \$75 cash reimbursement through employee benefits.

Take Action One-to-One Weight Management Program

Take Action One-to-One offers our 12 week, multi-disciplinary weight management program in a more individualized format. Individuals who prefer a more private program, wish to work at their own pace or have difficulty meeting at a set class time may prefer this format. Participants come to LiveWell once a week, for 12 weeks, to meet with a dietician, fitness expert or mind-body coach. The first four weeks of the program involve personalized assessments and consultations, including:

- a 90-minute Fitness Profile
- a 60 minute BodyGem™ metabolism test and nutrition consultation
- a 60 minute mind-body coaching session
- a 60 minute personal training session

After completion of the four initial sessions, participants will attend weekly follow-up sessions for the remaining eight weeks. These half hour educational sessions will rotate between the dietician, fitness expert and mind-body coach. All assessments and weekly sessions will be held at the LiveWell Fitness Center.

Non-members of the LiveWell Fitness Center will also have access privileges to exercise at the center during specified hours.

*Member cost: **\$525***

*Nonmember cost: **\$559***

Allina employees may qualify for a \$200 Be Fit reward and \$75 cash reimbursement through employee benefits.

Take Action Maintenance Group

The Take Action Maintenance Program offers Take Action graduates the opportunity for continued growth in their knowledge of good nutrition and exercise principles. The program offers a supportive environment that motivates them to continue implementing the healthy practices they have already learned. Weekly sessions provide new exercise, nutrition and behavioral modification information that is up-to-date and highly effective. Good health and weight management is a journey that requires ongoing effort and maintenance strategies. The program enhances each participant's efforts and increases the potential for successful attainment of long-term personal goals. Classes meet for 45 minutes and each program session is eight weeks in duration. Call the LiveWell Fitness Center reception desk for a current schedule of fees and session dates.

Non-member cost: \$95

Allina employees may qualify for a \$200 Be Fit reward through employee benefits.



Motivational Services

Wellness Coaching

Do you struggle to make or maintain healthy lifestyle changes? Do you find there are barriers that get in the way of achieving your goals? Do you find it challenging to be resilient when faced with the stresses of everyday life? If you answered yes to any of these questions, wellness coaching is for you. Wellness coaching is an approach that helps individuals discover their inner resources to make change easy and long lasting. A Wellness Coach can help you:

- get motivated
- reduce stress
- release unwanted emotions
- change unwanted habits
- learn strategies for dealing with obstacles
- build and strengthen resilience

Initial Consultation

An initial 90-minute consultation with a Wellness coach will help identify needs, establish goals, provide education and develop a plan of action.

Member cost:

Single \$75

Non-member cost:

Single \$90

Follow up Sessions

Follow-up sessions may be purchased individually or in packages to make your program more comprehensive.

Member cost:

Single \$60 per hour

Package of 3 \$165

Package of 6 \$300

Non-member cost:

Single \$75 per hour

Package of 3 \$210

Package of 6 \$390

Custom Packages

Body in Balance

The Body in Balance Program is designed to help anyone who wants to improve their posture and balance for ease of everyday living or even athletic performance. Young or old, sedentary or athletic, healthy or injured, good posture is important for the prevention of injuries and falls as well as the reduction of pain and fluid movement. Research has also shown that individuals with good posture can appear to be up to 10 pounds thinner and younger in age than others lacking good overall posture. As part of the Body in Balance Program you will receive a 90 minute evaluation of your current posture and balance profile, and a customized exercise program will be designed to address any muscle and postural imbalances. You will receive three 30-minute, follow-up sessions and three 20-

minute independent Wii Fit sessions. Individual sessions will be conducted by our physical therapist or exercise physiologists.

*Member cost: **\$159***

*Non-member cost: **\$179***

Burn Rate Package

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs.

*Member cost: **\$115***

*Non-member cost: **\$135***

Total Body Package

Regardless of your health and fitness goals, exercise and nutrition alone are not enough. Learn from our exercise physiologists, nutritionists and personal trainers how to successfully attain your goals of optimal health, weight management or sports performance. The Total Body Package will help you create the ideal plan that will optimize your body's metabolic potential. This package combines the highest level of assessment technology with the guidance of our expert staff. We have packaged the following offerings to provide you with a comprehensive plan: one Bod Pod body composition assessment, one Fitness Profile, one Body Gem resting metabolism test, one Personal Nutrition Consultation and three Personal Training Sessions.

*Member cost: **\$315***

*Non-member cost: **\$340***

Executive Fitness Package

Invest in your health by taking advantage of the most comprehensive fitness package available. We have combined all of our top level services into one complete package to offer a total fitness approach. You will benefit from the following components:

- Fitness Profile
- Body Gem resting metabolism test
- Bod Pod, high technology body fat analysis
- one Personalized Nutrition Consultation
- three Personal Training Sessions
- Polar heart rate monitor – Ekho E-10 model
- Pedometer and logbook.

*Member cost: **\$420***

*Non-member cost: **\$460***

W.O.W. – Work Out w/ Weights

The W.O.W. class is a four week program designed to introduce participants to a variety of strength training techniques, including machine and free weights, tubing, stability ball, BOSU, and balance board. Emphasis will be placed on learning proper techniques and successful program design. The class meets one time per week in a small group setting. A body composition measurement and a comprehensive exercise manual are also included in the program. Call reception desk for current class times.

Health and Fitness Products

A variety of top-quality health and fitness products such as T-shirts, tote bags, exercise tubing, stability balls, heart rate monitors, pedometers, exercise logbooks, water bottles, headphones and more are conveniently available for purchase at our reception desk. Prices are subject to change without notice. Contact the LiveWell Fitness Center reception desk at 612-863-5178 to confirm current prices and offerings.







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