

Phase 2 1/2

Supervised Exercise Sessions *for* Chronic Medical Conditions

What is Phase 2½?

Reedsburg Area Medical Center offers a medically supervised exercise program for those that have chronic medical conditions.

The purpose is to provide an individualized supervised exercise program of proper intensity, duration, and progression to improve health.

Who Can Benefit from this program?

Medical reasons for participating include:

- Peripheral Artery Disease
- Heart Failure
- Diabetes
- Pacemaker/AICD
- Weight Management
- Osteoporosis
- Arthritis
- Depression
- High Risk For Heart Disease
- Other Chronic Medical Conditions as approved by your physician

The Program

Phase 2½ is held in the Cardio-pulmonary Rehab Department in the Lower Level of The Reedsburg Area Medical Center. The program meets 2 days per week for one hour sessions on Tuesday and Thursday and includes the following:

- An initial assessment
- Individualized exercise sessions that may include treadmill, recumbent stepper, stationary bike, etc.
- Strength training and/or resistance bands
- Support to help you achieve your goals
- Individualized education
- A plan for continued progress with exercise after completion of the program.
- This program is not reimbursable by insurance, therefore is self pay. Please call for prices.



How Do I Join?

Have your physician complete and sign the physician referral form, available from the Cardiac Rehab department. Then call us at (608)768-6250 to schedule your initial assessment. You will need to bring in the signed physician referral form and complete a brief health history questionnaire.

Reedsburg Area Medical Center
Cardiac Rehab

(608) 768-6250

