

# 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:*

- 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?

A physician order is required. Rehab staff will assist you with obtaining an order. Call us at (608)768-6250 to schedule your initial assessment. You will need to complete a brief health history questionnaire.

Reedsburg Area Medical Center  
Cardiac Rehab

(608) 768-6250





