



PROVIDENCE

Functional Independent Training (F.I.T.) Program

What is the F.I.T. Program?

- ❖ It is an independent exercise program to promote a maximum level of recovery and wellness through health, fitness and education.
- ❖ This exercise-training program compliments treatment for musculoskeletal, neurological, or other medical ailments paid for by the patient.

Who qualifies for the F.I.T. Program?

- ❖ Patients must be graduates of Physical Therapy or Occupational Therapy treatment programs from Providence Center for Rehabilitation and Fitness.
- ❖ The patient's primary therapist must recommend the patient as a candidate for the FIT program based upon the following criteria:
 - ✓ The patient is oriented to time, place and person
 - ✓ The patient is medically stable
 - ✓ The patient has good carry over skills
 - ✓ The patient is physically capable of exercise for 30 minutes or greater
 - ✓ The patient is competent and independent with current exercise program
 - ✓ The patient demonstrated good attendance at therapy.

How much does the F.I.T. Program cost?

- ❖ 1 month membership (exercise only) costs \$ 40.00
3 month membership (exercise only) costs \$ 105.00
- ❖ Payment is due at the FIT orientation and every month thereafter (example if your start date is 9/15/09 , money would be due 10/15/09 to continue)

When can I start the F.I.T. Program?

- ❖ As soon as the day after you have been discharged from therapy. You have up to two weeks after your discharge date to start the program.

How long can I belong to the F.I.T. Program?

- ❖ You may belong for 3 months. After 3 months of being a F.I.T. Program member, we recommend that you continue with your exercise program independently, either at home or at a fitness center. However, you may continue the FIT program after your initial 3 months if the program is not filled to capacity.

What are the hours of operation for the F.I.T. Program?

- ❖ 7 am until 7 pm Monday through Thursday, 7 am until 3 pm on Friday.
- ❖ The program is closed from 12-1 pm on Thursdays.
- ❖ You should avoid peak hours (10 am -12:00)) to use the gym more efficiently.

How do I schedule my FIT program orientation?

- ❖ Call 248-849-4464 to schedule your FIT orientation