



Lifestyle Enhancement



MARSHFIELD CLINIC



MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team



Lifestyle Enhancement

Lifestyle Enhancement is ideal for people who want to establish an independent exercise program under the supervision of qualified healthcare providers. It is designed for people

who wish to exercise in a supportive environment while working on lifestyle changes to reduce their risk for heart disease and other health problems.

Lifestyle Enhancement provides exercise prescriptions to increase physical activity and fitness under a controlled environment.

Ultimately, Lifestyle Enhancement helps you maintain a healthy lifestyle and minimize health problems.



The program will:

- Provide you with individualized guidelines for physical activities.
- Serve as a resource for educational health information.
- Offer risk-factor screening and modification programs.
- Provide long-term supervised exercise and continuing education.



People that may benefit from Lifestyle Enhancement include those:

- With chronic diseases such as diabetes, hypertension or heart failure.
- With cardiac risk factors.
- Interested in weight loss.
- Following cardiac rehab, pulmonary rehab, or physical therapy.



Medically-supervised exercise with access to a variety of equipment

Lifestyle Enhancement specialists supervise and monitor your prescribed exercise program, then update your healthcare provider with progress. This combined, supervised approach is designed to teach you how to begin to safely monitor your response to exercise on your own.

The benefits of the Lifestyle Enhancement program and regular exercise are:

- Enhanced weight loss
- Increased muscle strength and tone
- Improved heart function
- Improved self-esteem
- Improved ability to sleep
- Improved control of high blood pressure
- Improved diabetes control
- Decreased risk of/delayed onset of osteoporosis
- Decreased fatigue
- Decreased risk of heart attack and stroke
- Increased HDL cholesterol
- Decreased total cholesterol and LDL cholesterol
- Decreased effects of the aging process
- Improved muscular tone and vascular return in patients with peripheral vascular disease
- Reduced physiological and psychological stress

How to enroll:

For more information or to sign up today, contact your local Marshfield Clinic or Ministry Health Care heart care team provider. A one-on-one orientation session will be scheduled for anyone who has not been involved in the cardiac and pulmonary rehab programs. Lifestyle Enhancement is a self-pay program. The staff will discuss the reasonable cost of the program prior to enrollment.



You can learn more about coping with chronic health issues

Lifestyle Enhancement also teaches patients more about their disease and how to

cope with its physical and psychological realities. Group programs and individual counseling are available to help patients stay “smoke free,” lose weight, lower high blood pressure and cholesterol and reduce emotional stress. Lifestyle Enhancement provides troubleshooting for other potential problems, as well.



CARDIAC REHAB LOCATIONS

EAGLE RIVER

Eagle River
Memorial Hospital
715-479-7411

MARSHFIELD

Marshfield Clinic
715-387-5511

MARSHFIELD

Saint Joseph's Hospital
715-387-1713

MERRILL

Good Samaritan
Health Center
715-536-5511

PARK FALLS

Flambeau Hospital
715-762-7477

PLOVER

Ministry Medical
Group
715-295-3800

RHINELANDER

Saint Mary's Hospital
715-361-2030

STANLEY

Our Lady of Victory
Hospital
715-644-5571

TOMAHAWK

Sacred Heart Hospital
715-453-7700

WESTON

Marshfield Clinic
715-393-1000

WESTON/WAUSAU

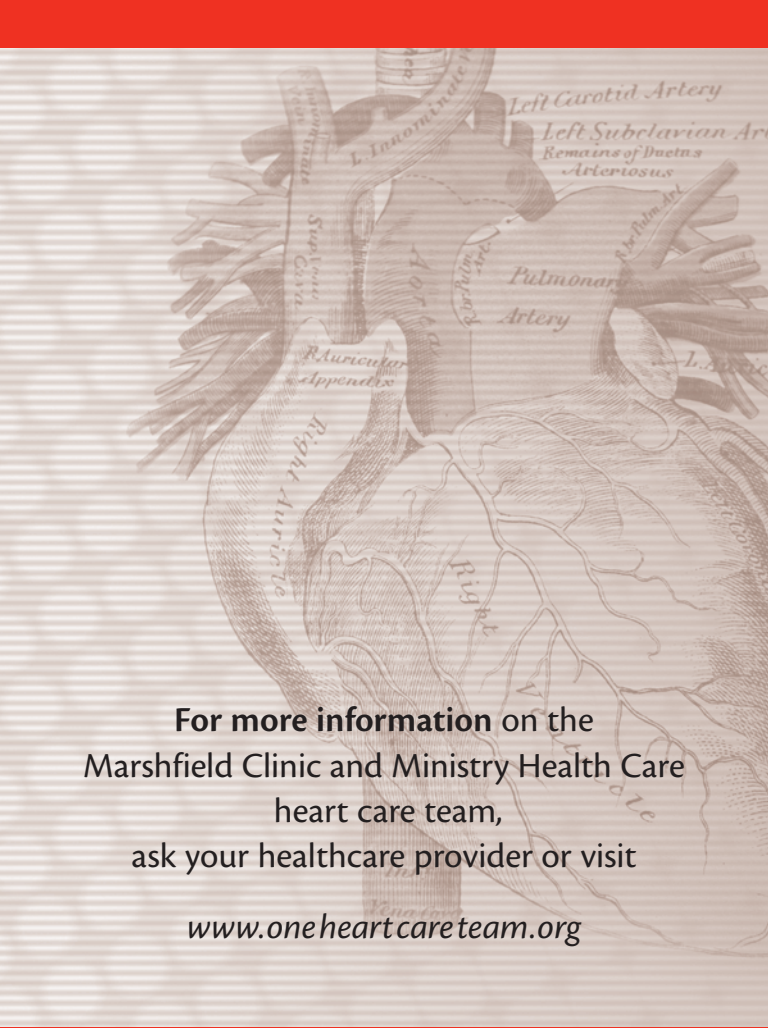
Saint Clare's Hospital
715-393-2290

WOODRUFF

Howard Young
Medical Center
715-356-8139

My contact's name and phone number:





For more information on the
Marshfield Clinic and Ministry Health Care
heart care team,
ask your healthcare provider or visit

www.oneheartcareteam.org



MARSHFIELD CLINIC



MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team