



CHESAPEAKE REGIONAL HEALTHCARE

LIFESTYLE & WELLNESS

MEDICAL HEALTH HISTORY

Membership type:	_____
Key tag:	LHF _____
Tivity Health ID:	_____
Renew Active ID:	_____

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Date of Birth: _____ Age: _____ Gender: Male Female

Email Address: _____

Primary Physician: _____ Physician's Fax: _____

Emergency Contact Information:

Emergency Contact: _____ Relationship: _____

Daytime Phone: _____ Evening Phone: _____

Section 1 Please check YES or NO for each of the following.

Do you or have you ever had . . .

Heart or Cardiovascular condition? Includes diagnosis of coronary artery disease or heart failure, abnormality of heart rhythm, heart valve disease, or peripheral vascular disease	YES	NO
Heart Attack or any type of Heart surgery? Includes cardiac catheterization, coronary angioplasty, heart transplant, pacemaker, or implantable cardiac defibrillator / rhythm device	YES	NO
Respiratory Disease? Includes COPD, emphysema, or pulmonary hypertension	YES	NO
Stroke? Includes TIA and cerebrovascular event	YES	NO
Spinal cord injury?	YES	NO
Mental health problems or learning difficulties? Includes Alzheimer's, Dementia, Depression, Anxiety, Psychotic disorder, Intellectual Disability, or Down Syndrome	YES	NO

Section 2 Please check all that apply.

<input type="checkbox"/> Asthma or bronchitis	<input type="checkbox"/> Diabetes
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Hypertension (high blood pressure)
<input type="checkbox"/> Parkinson's or Multiple Sclerosis	<input type="checkbox"/> Mobility device—Please circle all that apply crutches, cane, walker, wheelchair, electric scooter, or other _____
<input type="checkbox"/> Cancer— if so, type _____	

	NAME OF MEDICATION	Form (pill, injection, liquid, patch, etc.)	Dosage	When
* Be sure to include ALL prescription drugs over-the-counter, vitamins, and herbal supplements.				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
	ALLERGIES TO MEDICATIONS List all medications that cause an allergic reaction.		Reaction	
1				
2				
3				

Assumption of Risk and Release of Liability

The Lifestyle Center (LC) at Chesapeake Regional Medical Center offers fitness programs consisting of both structured and self-directed activities and equipment usage. In consideration of gaining membership or being allowed to participate in the activities and programs of LC, and to use its facilities and equipment, I acknowledge that I am aware that fitness activities may involve a risk of injury, or even death, and that I am voluntarily participating with knowledge of the dangers involved. I do hereby accept all risks of such injuries and will hold harmless from any and all liability actions, causes of actions, claims, and demands of any kind and nature whatsoever which I now have or which may arise of or in connection with my participation in activities arranged by the LC and its employees and staff. My responsibility, as the participant, will be to monitor my level of intensity, and to work within my personal physical limitations. I acknowledge that I am familiar with the proper use of the LC fitness equipment or will receive an equipment orientation by a qualified LC staff member prior to usage. In agreeing to participate in exercise and general membership activity at the Lifestyle Center at Chesapeake Regional Medical Center, I affirm that I am physically sound and suffering from no condition, impairment, disease, infirmity, injury, or other illness that would prevent my participation in any of the activities, programs, or the use of the equipment at the LC. I acknowledge that the LC staff request that I consult with my physician with respect to any past or present injury or illness that may affect my participation in the LC programs. The terms herein shall serve as a release and assumption of risk for my heirs, executors, and administrators for all members of my family, including minors.

I have read this agreement and understand the activity in which I will be engaged. I have agreed to the conditions stated above.

Signature of Participant: _____ **Date:** _____

ELECTRONIC FUNDS TRANSFER (EFT) PAYMENT PROGRAM AUTHORIZATION

The Electronic Funds Transfer (EFT) system retains Credit Card or banking information that is processed at the end of each billing period to pay the balance on this account via Credit Card charge or Automated Clearing House (ACH) bank transfer. Your EFT information is encrypted once entered into our member management software program, Club Automation.

Please select one of the following options authorizing Lifestyle Center located at Lifestyle Center, 800 Battlefield Blvd., North, Chesapeake, VA 23320 to pay off the balance on your account at the end of each billing period.

Account Holder Information

Name(s) _____
Account Holder Phone

Account Holder Address _____
City _____
State _____
Zip

Authorization to draft your account monthly until membership is cancelled.

I hereby authorize the Lifestyle Center to Debit the Bank Account, via the Automated Clearing House (ACH) system, or draft the credit card referenced herein, according to the parameters specified herein. This authorization will remain in effect until the payment(s) are completed as specified herein or membership is cancelled.

Signature of Account Holder _____
Print Name of Card Holder _____
Date

Authorization for Checking/Savings Account (ACH)

Account Holder's Bank Name _____
Branch City _____
State _____
Zip

Bank Routing Number (9 digits) _____
Bank Account Number Account type: Business Checking
 Personal Checking
 Savings

Recurring Monthly Open Ended Variable
ACH Type Frequency Number of Payments Amount per payment

Authorization for Credit Card EFT

Print Name (as it appears on your card) _____
Credit Card Number

Card Expiration Date _____
Security Code Card Type: Visa
 Master Card
 AMEX
 Discover

MEMBERSHIP PLANS

FITNESS MEMBERSHIP

<u>Membership Type</u>	<u>Monthly Rate</u>	<u>Joining Fee</u>
CRH & Bayview Employee, Physician, Volunteer, CRH Retired Employee	\$20.00	<i>waived</i>
Spouse of CRH, Contractors & Bayview	\$30.00	<i>waived</i>
Corporate	\$40.00	\$50.00
Senior (62 yrs & older)	\$40.00	\$50.00
Single	\$50.00	\$50.00
Silver Sneakers / (must meet eligibility) Renew Active / (must meet eligibility)		<i>waived</i> <i>waived</i>

EQUIPMENT ORIENTATION:

Prior to your first visit, schedule your equipment orientation with a fitness specialist to instruct you on the proper use of the exercise equipment by calling 757.312.5151.

DAILY LOCKER USE:

Lockers are available to use on a daily basis. Please bring your own lock to use. Lock your belongings up while you exercise, then remove your lock and take your belongings and lock with you when you leave.

MONTHLY LOCKER RENTAL:

Lockers are located in the Member's locker rooms can be rented by the month. Stop by the front desk to select an available half or full size locker. Once rented, you will need to place your lock onto the assigned locker.

RATES:

Half	\$10.00 / per month
Full	\$15.00 / per month

SUPERVISED EXERCISE TRAINING

<u>Membership Type</u>	<u>Monthly Rate</u>	<u>Assessment Fee</u>
CRH & Bayview Employee, Physician, Volunteer, CRH Retired Employee	\$36.00	<i>waived</i>
Spouse of CRH, Contractor & Bayview	\$47.00	\$60.00
Corporate	\$47.00	\$60.00
Silver Sneakers Renew Active	\$47.00	<i>waived</i> <i>waived</i>
S.E.T. Single	\$63.00	\$60.00

Supervised Exercise Training is a physician referred program. S.E.T. is a group monitored exercise program tailored to your individual needs. You will build stamina and strength, lose weight under the guidance of nationally certified staff and exercise with confidence by training in a safe, medically supported environment.

GROUP FITNESS CLASSES:

All group fitness classes are included in the price of your membership. The class schedule is published monthly and copy can be obtained outside the group fitness studio.

When participating in class, please silence your mobile phone.

Fitness Center Hours

Monday - Friday 6:00 am to 6:00 pm



**CHESAPEAKE REGIONAL
HEALTHCARE**

LIFESTYLE & WELLNESS

800 Battlefield Blvd. North, Chesapeake, VA 23320
Contact us at 757.312.6132 · chesapeakeregional.com

GROUP FITNESS SCHEDULE

MONDAY

6:45-7:30am Morning Burn-Erika	6:45-7:30am Stretch Express-Erika	6:45-7:30am Morning Burn-Erika	6:45-7:30am Circuit Express- Erika
8:30-9:30am Cardio Mix-Noeline	8:00-8:45am Chair Yoga- Heather	8:30-9:30am Cardio Mix-Noeline	8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline	9:00-9:45am Cardio Mix-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline	9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance	10:00-10:45am Silver Sneakers Classic-Melody	10:45-11:30am Advanced Tai Chi-Lance	10:45-11:30am Stretch/Balance-Erika
12:00-1:00pm Arm Attack-Noeline	11:00-11:45am Sit and Be Fit-Erika	12:00-1:00pm Below the Belt- Noeline	12:00-1:00pm Interval Express- Noeline
1:30-2:15pm Chair Fitness-Noeline	2:00-2:45pm Mindful Moments- Erin (11/5-11/19)	1:30-2:15pm Chair Fitness-Noeline	1:30-2:15pm Chair Fitness-Noeline
2:30-3:15pm Beginner Tai Chi-Lance	3:00-4:00pm Multi-level Yoga-Paula	2:30-3:15pm Beginner Tai Chi-Lance	2:30-3:15pm Beginner Tai Chi-Lance
4:00-5:00pm Multi-level Yoga-Paula	5:00-6:00pm Totally Pink- Tiffany (9/9- 11/18)	4:00-5:00pm Multi-level Yoga-Paula	4:00-5:00pm Multi-level Yoga-Paula
5:00-6:00pm Totally Pink- Tiffany (9/9- 11/18)		5:00-6:00pm Totally Pink- Tiffany (9/4-11/20)	

TUESDAY

6:45-7:30am Stretch Express-Erika	6:45-7:30am Morning Burn-Erika
8:00-8:45am Chair Yoga- Heather	8:30-9:30am Cardio Mix-Noeline
9:00-9:45am Cardio Mix-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline
10:00-10:45am Silver Sneakers Classic-Melody	10:45-11:30am Advanced Tai Chi-Lance
11:00-11:45am Sit and Be Fit-Erika	12:00-1:00pm Below the Belt- Noeline
2:00-2:45pm Mindful Moments- Erin (11/5-11/19)	1:30-2:15pm Chair Fitness-Noeline
3:00-4:00pm Multi-level Yoga-Paula	2:30-3:15pm Beginner Tai Chi-Lance
	4:00-5:00pm Multi-level Yoga-Paula
	5:00-6:00pm Totally Pink- Tiffany (9/4-11/20)

WEDNESDAY

6:45-7:30am Morning Burn-Erika	6:45-7:30am Morning Burn-Erika
8:30-9:30am Cardio Mix-Noeline	9:00-9:45am Stretch Express- Erika
9:45-10:30am Silver Sneakers Circuit-Noeline	10:00-10:45am Zumba Gold-Sue
10:45-11:30am Advanced Tai Chi-Lance	11:00-11:45am Dance Cardio- Melody
12:00-1:00pm Below the Belt- Noeline	3:00-4:00pm Multi-level Yoga-Heather
1:30-2:15pm Chair Fitness-Noeline	
2:30-3:15pm Beginner Tai Chi-Lance	
4:00-5:00pm Multi-level Yoga-Paula	
5:00-6:00pm Totally Pink- Tiffany (9/4-11/20)	

THURSDAY

6:45-7:30am Morning Burn-Erika	6:45-7:30am Morning Burn-Erika
9:00-9:45am Stretch Express- Erika	9:00-9:45am Stretch Express- Erika
10:00-10:45am Zumba Gold-Sue	10:00-10:45am Zumba Gold-Sue
11:00-11:45am Dance Cardio- Melody	11:00-11:45am Dance Cardio- Melody
3:00-4:00pm Multi-level Yoga-Heather	3:00-4:00pm Multi-level Yoga-Heather

FRIDAY

6:45-7:30am Circuit Express- Erika	6:45-7:30am Circuit Express- Erika
8:30-9:30am Cardio Mix-Noeline	8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline	9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Stretch/Balance-Erika	10:45-11:30am Stretch/Balance-Erika
12:00-1:00pm Interval Express- Noeline	12:00-1:00pm Interval Express- Noeline
1:30-2:15pm Chair Fitness-Noeline	1:30-2:15pm Chair Fitness-Noeline

• Mindful Moments is back! Tuesdays from 2:00pm - 2:45pm, November 5th-19th.
 Holiday Hours:
 Closed For Thanksgiving, Thursday, November 28th
 8am-12noon on Friday, November 29th
 no group fitness classes



SET approved with permission
 From SET instructor.

KEY:

- CARDIO** (Pink box)
- STRENGTH** (Blue box)
- MIND/BODY** (Green box)

Specialty Class:
 Sign up required (Red box)

- **CARDIO MIX:** Come ready to sweat! This workout includes lower body conditioning, upper-body strength, core exercises, and stretching designed to energize your active lifestyle. Intermediate levels, but may involve floor work. 60 minutes.
- **CHAIR FITNESS—** This 45-minute workout incorporates a chair and includes cardiovascular endurance, strength training, balance, and flexibility moves. This class is great for men and women of all ages. A chair is offered for support, but must be able to stand unassisted.
- **CHAIR YOGA:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. All levels. Chair is used; no floor work. 45 minutes.
- **CIRCUIT EXPRESS:** Class focuses on strength, balance, coordination, and agility through the use of timed intervals. 45 minutes.
- **ARM ATTACK, BELOW THE BELT, and INTERVAL EXPRESS-** Muscle and cardiovascular conditioning classes designed to focus on certain areas of the body in just 45 minutes. Intermediate to advanced levels only.
- **DANCE CARDIO-** -Want to learn different line dances and burn calories at the same time? This class is for all levels and will keep you moving and grooving! 45 minutes
- **MINDFUL MOMENTS MEDITATION** - the practice of mentally slowing down racing thoughts, negativity and calming the mind, body and spirit. Techniques involve deep breathing and awareness of the body and mind; focusing on the "now" so you can acknowledge and accept your thoughts, feeling and sensations without judgement. The practice of meditation is scientifically proven to improve cognitive function, reduce stress, lower heart rate, help with chronic pain management, improve immunity and sleep quality. (6 week session: 1/9-2/20...no class on 1/16)
- **MORNING BURN—**A muscle and cardiovascular conditioning class designed to give you a total body workout in just 45 minutes. All fitness levels.
- **MULTI-LEVEL YOGA—** This class is for anyone of any fitness level. It will focus on total body strengthening, flexibility, and relaxation. Great class to take after a long day at work! 60 minutes.
- **SILVER SNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. 45 minutes.
- **SILVER SNEAKERS CLASSIC—** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. 45 minutes.
- **SIT AND BE FIT:** This class will focus on both upper and lower body strength and endurance, but in a seated position. We will use dumbbells, bands, and/or balls. The entire class will be done in a chair. 45 minutes.
- **STRETCH EXPRESS/STRETCH AND BALANCE—**This class focuses on joint range of motion, muscle and joint extensibility and relaxation. Friday, Stretch and Balance class, will add in balance exercises along with stretching. Targets all muscle groups. This class is great for men and women of all ages. A chair can be used for support, but must be able to stand unassisted. 45 minutes.
- **TAI CHI (Beginner and Advanced)-** A physical and spiritual blend of discipline for health and relaxation exercise. Improves circulation and balance as well as aiding in the relaxation and strengthening of the nervous system to create a sense of well-being. 45 minutes.
- **TOTALLY PINK-** Registered participants only. 12 week Breast Cancer Exercise Program led by a certified Cancer Exercise Specialist, Tiffany Markun Jinright.
- **ZUMBA GOLD-** Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. All levels. 45 minutes.

TAI CHI

BEGINNERS

Monday & Wednesday

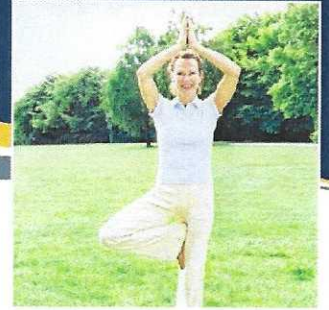
2:30 – 3:15 p.m.

INTERMEDIATE TO ADVANCE

Monday & Wednesday

10:45 – 11:30 a.m.

Class registration is not required for Tai Chi.



What is Tai Chi? Tai Chi is slow, gentle movements that stretch and flex the entire body.

Tai Chi began in China over 2,000 years ago. The **Yang Style Taijiquan** became popular in the 1930's and is the exercise of China. According to research Tai Chi can improve:

- Physical, emotional and mental well-being, boosting health of the immune system
- Helps develop balance, body awareness and confidence
- Builds muscle strength in legs
- Lowers risk of falling by more than 47%
- Expands flow of energy in the body, deep relaxation
- Improves focus on body movements
- Reduces symptoms of arthritis
- Lowers cholesterol and blood pressure
- Improves cardiovascular and muscular fitness, balance and flexibility
- Mitigates symptoms of diabetes, Parkinson's disease, cardiac problems, chronic pain, hypertension, stress, depression, MS, Alzheimer's.



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