

## Medical Fitness

Complications from obesity related conditions (i.e. diabetes, hypertension) are often life threatening. According to a recent survey, roughly 60% of the adults in St. Mary's and Calvert counties are either overweight or obese. Exercise is medicine. With the help of the professionals at the Medically Oriented Gym at Gateau Physical Therapy, we can start you on your road to a healthier lifestyle.



Visit us and "LIKE" us on Facebook

Physicians, please use this for prescriptions to our program.

*Thank you for your referral.*



The Medically Oriented Gym @ GPT  
23123 Camden Way  
California, MD 20619  
301-866-5444

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

- |   |   |
|---|---|
| <input type="checkbox"/> Joint Pain       | <input type="checkbox"/> Lumbago        |
| <input type="checkbox"/> Muscle Weakness  | <input type="checkbox"/> Decondition    |
| <input type="checkbox"/> Gait Abnormality | <input type="checkbox"/> Osteoarthritis |

Secondary Diagnosis: \_\_\_\_\_

- |   |  |
|---|--|
| <input type="checkbox"/> Metabolic Syndrome | <input type="checkbox"/> Obesity       |
| <input type="checkbox"/> Hypertension       | <input type="checkbox"/> Diabetes      |
| <input type="checkbox"/> Hyperlipidemia     | <input type="checkbox"/> Heart Disease |

Precautions: \_\_\_\_\_

- Evaluate and Treat for Physical Therapy
- Evaluate and Treat for Medical Fitness

\_\_\_\_\_, M.D.



the M.O.G.  
Medically Oriented Gym

The Medically Oriented Gym  
at  
GPT



**"Bridging the Gap Between  
Medicine and Fitness"**

*Your Prescription to Better  
Health Begins With  
Exercise!*

23123 Camden Way  
Ste. 1-C  
California, Maryland 20619  
301-866-5444

## **FITNESS FOR THE AGES**

Would you like to exercise without dancing or joining a boot camp? We often hear that a lot of the symptoms we're feeling are caused by getting older, but the truth is many symptoms and conditions that have been associated with the "normal aging process" are actually the result of sedentary lifestyles. This group class will focus on strength, endurance, mobility, cardiovascular performance, pulmonary performance, and dynamic balance. Join us for our age appropriate, enjoyable, and effective class. Exercise can be modified for all fitness levels.



### ***Pilates for Spinal Rehab***

*This is a group class designed for the special needs of Spinal Patients who are interested in a safe and effective way to eliminate or reduce their pain while gaining the benefit of core strengthening and safe exercise techniques. It is also ideal for anyone who wants to increase core stability with techniques based on traditional Pilates, but modified to be appropriate for all fitness levels. Join us to increase core strength, flexibility, endurance, postural and body awareness, and lumbo-pelvis stability.*

### **Cardio/Strength Training**

This group class provides a combination of cardio and strength training to give you a total body workout. With a variety of exercises, using an assortment of equipment, this class will keep you interested and challenged! All fitness levels are welcome.

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## **OTHER PROGRAMS AT THE M.O.G.**

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At the M.O.G.<sup>SM</sup> we have many options for a more intensive exercise program. From one-on-one training with an exercise professional to small group training with your family and friends or entire sports teams, our staff will educate you in proper exercise techniques, nutrition requirements, and how to best adopt a healthy lifestyle.

### **RED FLAG ASSESSMENT**

#### **A M.O.G.<sup>SM</sup> Exclusive**

*Members of the fitness facility can see a physical therapist for a "Red Flag Assessment" to assess any aches or pains they are experiencing.*

### **M.O.G.A. STRETCH**

*Proper stretching makes your workouts more effective and reduces injuries. Our trained professionals offer you a 45 minute, hands on, manual stretching session, allowing your muscles to respond more effectively and offering benefits that are long-lasting.*

### **M.O.G.<sup>SM</sup> KIDZ**

*The M.O.G.<sup>SM</sup> Kidz Program is an eight week program that targets childhood obesity and is also for children of normal weight. The program focuses on physical activity, diet, family involvement, and an educational component.*

### **PATIENT PASS**

*Patients can transition from physical therapy to the fitness facility to continue their rehabilitation with professionals and to work toward a healthy lifestyle. Transitioning patients receive a 10% discount from a regularly priced membership.*

### **PERSONAL TRAINING**

*Work one-on-one with a certified Personal Trainer.*

### **SPORT SPECIFIC/TEAM TRAINING**

*The M.O.G.<sup>SM</sup> offers Sport Specific Training and Performance Enhancement programs. Work with exercise professionals for prehab.*