



One truly humbling example of what Medical Fitness embodies was the experience that Claudia Engel encountered over this past year. “After two back surgeries, 30 years of smoking, being overweight and in the midst of a global pandemic, I knew it was time to take care of my health, said Claudia. The impact of Covid-19 exacerbated my history of depression and anxiety. I needed help but did not know where to begin. My doctor referred me to the LiveWell program at The Center for Health Improvement where I completed a customized 12-week program. It turned out to be the best thing I have ever done for myself. Today I am a non-smoker, have developed a consistent exercise regime that I actually enjoy, and I am happier than I have ever been.”

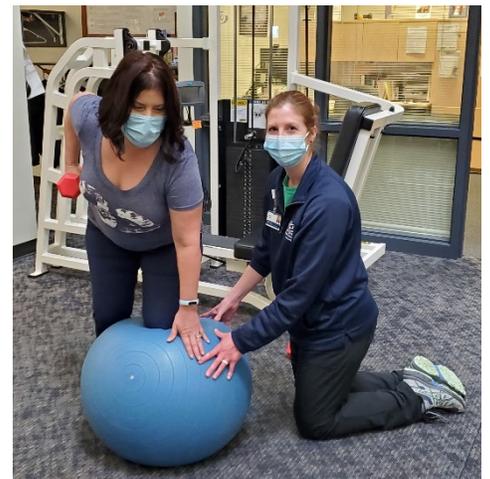
“Kelly Flaska, LiveWell Coordinator (and her team) have the amazing ability to meet you where you are at on your journey to better health. Kelly helped me overcome obstacles and develop lifestyle changes. I am forever grateful for such a life changing experience,” said Engel.

Kelly defined Claudia's journey in one word, "persevered." “I am so honored to have had the opportunity to work with Claudia. Her journey in LiveWell started at a difficult time in her life, but she didn't give up. She knew she wasn't quite ready to start but wanted us to contact her at a later time. Once she was able to get started in the program, she had to quarantine a couple of times and upset her routine, but she kept at it. She committed to her health, pushed herself to her limits and even started running! I am so excited to continue to watch Claudia persevere through her journey, her determination will ensure her victory”, said Flaska

Flaska went on to say, “The LiveWell program is a perfect example of the Medical Fitness model. Physicians placing trust in the exercise physiologists and dietitian to help their patients develop individual exercise plans and healthy habits that will become lifelong changes. Each member of LiveWell upon graduation completes an "After LiveWell" fitness plan and the referring physician receives their post assessment results and improvements. The LiveWell staff continues to check-in with the members for years to come, helping them reach their goals.”

As the Wellness Dietitian for The Center for Health Improvement, Kirsten Angell gets to visit with each LiveWell participant at least once during their time in LiveWell. “Whether I visit with LiveWell participants working on weight management or for multiple other diagnoses, it is fun to see what a positive difference this program can make in the lives of those participants who are ready and willing to make healthy lifestyle changes in the areas of nutrition and physical activity,” Angell says.

Stephanie Howie, Fitness Director, could not be prouder of Flaska and her LiveWell team on the work they do within this program and the lives they change. “The success that Claudia has experienced is first her personal commitment to change her lifestyle and second a fitness team that motivates and pushes individuals to be their best.” “This program is a team approach in all aspects and an example of Medical + Fitness. The integration of our medical staff with our fitness and rehab staff is one of a kind in treating the individual patient/member.”



For morning information on the Livewell Program or other programs The Center has to offer visit their website at www.haysmed.com/the-center or call 785-623-5900.