



Physician Referred Exercise Program

Why PREP?

PREP is a 60-day physician referred exercise program that introduces patients to exercise. All participants will meet with one of the LifeCenter's Fitness Specialists two times per week and are granted full access to all of the center's amenities.

The program will individualize workouts to meet the needs of each participant while working in a small group setting in a non-intimidating, friendly environment.

For more information contact us at
609-609-677-LIFE (5433), lifecenter@atlanticare.org
or visit www.atlanticare.org/lifecenter.



PREP Components

- ✓ Pre & Post Fitness Assessments
- ✓ Personalized Exercise Plan
- ✓ Weekly, Small Group Sessions
- ✓ Monthly Educational Sessions
- ✓ Access to all amenities during the program

**\$60 for
60 days**



Guided Aquatic
Exercise Program
AVAILABLE

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