

Programs & Services




Allina Health
**PENNY GEORGE
INSTITUTE
FOR HEALTH
AND HEALING**

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 *LiveWell*
FITNESS CENTER


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The LiveWell Philosophy

encourages everyone to seek their highest level of well-being every day. Being healthy and fit is more than a trend or a passing fad. It does not happen by chance. It is a series of choices that becomes a way of living – *choose to LiveWell.*



LiveWell exists to encourage optimal health and an enhanced lifestyle for individuals by offering a full spectrum of programs and services. Our professional staff of exercise physiologists, licensed nutrition experts, aftercare specialists, wellness coaches and certified Pilates instructors is available to help you design an exercise and nutrition plan that allows you to meet your personal health and fitness goals.

 *LiveWell*
FITNESS CENTER

Fitness Services

Fitness Profile

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes:

- helpful information to make certain your exercise program is safe, effective and enjoyable
- an intake of your health history
- complete muscular strength, flexibility, body fat/Fit 3D scan and muscular endurance tests
- a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges

An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program. It is recommended that you complete a Fitness Profile every 6-12 months to check your progress and receive an updated program.

Time: 75-90 minutes
Cost: \$110

Personalized Exercise Training

The Personalized Exercise Training program provides a personalized approach to exercise. If you have never exercised before, or you never seem to see the results you desire, a personalized training session can help you succeed. This program starts with a Fitness Profile session to assess your needs and establish realistic goals. Your exercise specialist will work with you to design a program that is not only enjoyable, but effective and highly motivating. Programming may include exercises to enhance cardiovascular endurance, muscle conditioning, flexibility, balance, posture, weight management, sports performance and strategies for adhering to your program. You can be certain that your program is safe and customized to meet your needs. All of our exercise specialists hold degrees in exercise science or physical therapy and have extensive experience working with diverse populations.

Time: 60 minutes per session
Cost:
Single \$85 per hour
Package of 3 \$240
Package of 6 \$425

**A current Fitness Profile (completed within six months of start date) is required to begin training.*

Body Composition Analysis

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis does just that. This analysis is helpful to both those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured.

The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and cutting edge Fit 3D body scan. Following completion of your assessment, you will receive your results and recommendations for ideal goals. Purchase a Burn Rate Package and receive a Fit 3D and Body Gem metabolism test at a reduced rate.

Fit 3D

An innovative 3D body scanner captures a 360° image of the human body and most commonly used measurements tracked for fitness progress. Your scan will produce an avatar representation of your body that will help determine whether your body fat distribution is healthy and allow you to visually track body composition improvements over time.

Skinfold only
Time: 30 minutes Cost: \$49
Fit 3D with skinfold measurements:
Time: 45 minutes Cost: \$65

Pilates Reformer Training

Pilates Reformer Training is an exercise format that is designed to strengthen and lengthen your muscles by using gentle resistance created by an exercise device called a Reformer. This low impact exercise form will allow you to work all of the body's muscle groups or precisely target specific areas. Exercises can be modified for most exercise levels and physical limitations. All sessions are a one-to-one experience led by a Stott® certified Reformer instructor. If you are new to Reformer Pilates, it will be necessary to complete a Beginner's package prior to purchasing additional sessions.

Beginner's package

New participants must complete this package, which includes a 60 minute assessment to understand your needs and medical history and to evaluate your posture, range of motion and strength. The mechanics of the Reformer machine and the basics of Pilates are taught. An individualized program is outlined for the most efficient program. This package also includes three 30 minute individual, follow-up sessions.

Cost: \$195

Individual Sessions and packages

After completion of a Beginner's package, individuals may purchase single sessions or additional packages for additional savings and a more comprehensive program.

Time: 60 minutes per session

Cost:

Single	\$85 per hour
Package of 3	\$240
Package of 6	\$425

*30 minute individual sessions are also available.

Fitness Aftercare

LiveWell Fitness Aftercare

LiveWell Fitness Aftercare provides individuals with specialized one-to-one guidance from our physical therapist or exercise physiologist. If you have a medical referral from your medical doctor, have recommendations from other providers such as a physical therapist or chiropractor or are experiencing uncomplicated complaints, you would benefit from the assistance of our staff. We will work with your personal physician or clinical rehabilitation specialists to customize your program. This program is not intended to replace a traditional physical therapy program or phase II cardiac rehabilitation. Its purpose is to help you make a safe transition to self-sufficiency in the health-club setting or establish a home-based program.

Time: 60 minute per session

Cost:

Single	\$85 per hour
Package of 3	\$240
Package of 6	\$425

Injury Assessment

Do you have a new pain or an old injury that prevents you from exercising or doing everyday activities? An injury assessment may be what you need to get moving again. You will receive an individual evaluation from a physical therapist. Self-treatment recommendations and/or further evaluations by your physician may be suggested.

**Please schedule 30 minutes for one area of concern and 60 minutes for two areas of concern or for a neck or back problem. A medical doctor referral is not required for this assessment.*

Time: 30 minutes
Cost: \$49

Time: 60 minutes
Cost: \$85

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Fitness Consultation

Fitness consultations are an ideal option if you would like assistance to determine the best plan for you, discuss your unique situation, and receive tips and recommendations for the most appropriate services. You will meet with a certified exercise specialist.

Time: 30 minutes

Time: 60 minutes

Cost: \$49

Cost: \$85

Cancer Survivorship Services

Personalized Services

LiveWell Fitness Center offers a full spectrum of services to support your journey to optimal health. Our professional staff of exercise physiologists, physical therapists, nutritionists and wellness coaches will help you design a program that may include a variety of fitness, nutrition and wellness coaching services. We recommend that most individuals begin with a Fitness Profile appointment to determine their current level of fitness, needs and create an overall plan of action which may include additional one-to-one services.

Nutrition Services

Personal Nutrition Counseling

If you want to feel your best and get the most out of your workout routine, Personal Nutrition Counseling is for you. This service allows you to address nutrition topics of your choice on your own schedule. You will work one-on-one with licensed nutrition experts who offer knowledge, skills and tools to help you achieve your goals. Customized suggestions will be provided to you based on a personalized nutritional assessment. You may purchase one session or combine several sessions to develop a more complete nutrition or weight loss program. The following are some topics you may wish to cover:

- long-term weight loss
- healthy eating in the fast lane
- sports nutrition
- positive goal setting
- quick and easy recipes
- supermarket smarts shopping
- nutritional management of chronic conditions
- vitamins and supplements
- making good habits stick
- how to avoid stress eating
- nutrition for kids
- vegetarian nutrition

Initial Consultation

Time: 60 minutes

Cost: \$85

Follow Up Sessions

Time: 30 minutes

Cost:

Single \$49

Package of 3 \$135

BodyGem™ Resting Metabolism Testing

Do you know how many calories you should eat and burn during exercise on a daily basis? State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

Purchase a Burn Rate Package and receive a Fit 3D and Body Gem metabolism test at a reduced rate.

Time: 60 – 75 minutes

Cost: \$110



Take Action Group Weight Management Program™

The Take Action Program is a highly successful program of action for people who want to lose weight and keep it off. The 12 week Take Action Program was developed around extensive research on permanent weight loss. Participants learn the skills they need to manage their weight, including a regular program of exercise, healthy nutrition and lifestyle modification. Healthy habits are developed and reinforced through weekly sessions covering nutrition, fitness and motivation. The program includes the following:

- A personal nutrition consultation with Body Gem resting metabolism measurement
- Comprehensive Fitness Profile
- Personalized exercise training session
- Comprehensive manual
- Integrative health and well-being coaching session
- Additional support check-ins
- Twelve weekly Take Action Program lessons

After completion of the initial sessions, participants will attend or view 12 weekly classes that are available in two formats. Select one from the following:

- **Online Group Format** – live scheduled, weekly instructor-led group classes
- **On Demand Format** – weekly recorded lessons, available for viewing at a time that is most convenient

Call the LiveWell Fitness Center for a current class schedule or visit allina.learnitlive.com

Cost: \$449

Take Action One-to-One Weight Management Program

Take Action One-to-One offers our 12 week, multi-disciplinary weight management program in a more individualized format. Individuals who prefer a more private program, wish to work at their own pace or have difficulty meeting at a set class time may prefer this format. Participants come to LiveWell once a week, for 12 weeks, to meet with a dietician, fitness expert or mind-body coach. The first three weeks of the program involve personalized assessments and consultations, including:

- a 90 minute Fitness Profile
- a 60 minute BodyGem™ metabolism test and nutrition consultation
- a 60 minute mind-body coaching session
- a 60 minute personal training session
- body composition check-ins

After completion of the four initial sessions, participants will attend weekly follow-up sessions for the remaining nine weeks. These half hour educational sessions will rotate between the dietician, fitness expert and mind-body coach. All assessments and weekly sessions will be held at the LiveWell Fitness Center.

Cost: \$599

Take Action Support – Extension Packages

Take Action Program extension packages provide support opportunities for Take Action Program participants. Individuals who have completed the Take Action Program, may desire ongoing education, support and accountability to maintain improvements and continue pursuit of their personal goals. Participants who are currently in the program, may desire additional one to one support and accountability beyond the core appointments included in the program. Whatever the need, our experts will provide personalized care and support to help each participant succeed.

Time: 30 minutes

Cost:

Single	\$49
Package of 3	\$135
Package of 6	\$240
Package of 12	\$425

Mindful Eating Program

If you are tired of yo-yo dieting and want to change your relationship with food forever, this program is for you!

In this six week workshop you will learn:

- how to be in charge of your eating habits
- tools to tune in to hunger and satisfaction cues
- strategies to stop emotional eating
- how to eat your favorite foods without overeating or guilt
- techniques to change your mindset regarding food and physical activity

Mindful Eating's six weeks of learning sessions are available in two formats. Select from the following:

- **Online Group Format** – scheduled, weekly instructor-led group classes
- **On Demand Format** – weekly recorded lessons, available for viewing at a time that is most convenient

Call the LiveWell Fitness Center for a current schedule or visit allina.learnitlive.com

Cost: \$175



Motivational and Resilience Services

Integrative Health and Wellness Coaching

Do you struggle to make or maintain healthy lifestyle changes? Do you find there are barriers that get in the way of achieving your goals? Do you find it challenging to be resilient when faced with the stresses of everyday life? If you answered yes to any of these questions, integrative health and wellness coaching is for you. Our Coaches are credentialed and certified by Wellcoaches™ and other nationally recognized organizations. They bring vast experience and rich backgrounds in a variety of health related fields to their practice. An integrative health and wellness coach can help you define your personal wellness and the steps to achieve that vision:

- get motivated
- reduce stress
- set realistic goals
- change unwanted habits
- learn strategies for dealing with obstacles
- build and strengthen resilience
- build upon strengths

Initial Consultation

An initial 60 minute consultation with a Wellness coach will help identify needs, establish goals, provide education and develop a plan of action.

Cost: Single \$85

Follow up Sessions

Follow-up sessions may be purchased individually or in packages to make your program more comprehensive.

Cost:

Single	\$49 per 30 minutes
Package of 3 30-minute sessions	\$135
Package of 6 30-minute sessions	\$245



Resilient Life Program

Resilient Life is a six week series where participants practice skills proven to help build resilience of mind, body and spirit. By practicing these skills regularly, individuals are able to grow and thrive in their personal and professional life. We all have inherent aspects for building and sustaining resilience.

Resilient Life offers proven ways to build resilience and fosters the ability to integrate these practices into one's everyday life in practical ways. The program is developed around key protective resilience factors that have been identified from a large body of research. Participants will learn:

- what situations or triggers cause unhealthy stress
- how a healthy lifestyle enhances resilience
- skills to adapt well in the face of adversity, or from significant sources of stress such as family and relationship problems, serious health problems, or workplace and financial stressors

Program includes:

- a 60 minute initial well-being coaching session, conducted prior to attending the 6 weeks of learning sessions
- Six weeks of learning sessions available in two formats. Select from the following:
 - **Online Group Format** – scheduled, weekly instructor-led group classes
 - **On Demand Format** – weekly recorded lessons, available for viewing at a time that is most convenient

Cost: \$235

Custom Packages

Body in Balance Package

The Body in Balance Program is a program designed to improve posture, core strength and balance. It assists with ease of everyday living and even athletic performance by improving these areas. Young or old, sedentary or athletic, healthy or injured, good posture is important for the prevention of injuries and falls as well as the reduction of pain and fluid movement. As part of the Body in Balance Program you will receive:

- a 90 minute evaluation of your current posture and balance profile
- a 360 degree Fit 3D™ body scan
- a customized exercise program to address any muscle and postural imbalances
- three 30 minute, follow-up sessions

Individual sessions will be conducted by our physical therapist-personal trainer.

Cost: \$275

Burn Rate Package

Combine a Fit 3D™ body composition scan with a Body Gem™ resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs. You will receive the following:

- a Fit 3D™ body composition scan with skinfold measurements
- body Composition consultation with an exercise physiologist
- a Body Gem™ resting metabolism measurement
- nutrition consultation with a registered dietitian

Cost: \$165

Total Body Package

Regardless of your health and fitness goals, exercise and nutrition alone are not enough. Learn from our exercise physiologists, nutritionists and personal trainers how to successfully attain your goals of optimal health, weight management or sports performance. The Total Body Package will help you create the ideal plan that will optimize your body's metabolic potential. This package combines the highest level of assessment technology with the guidance of our expert staff. We have packaged the following offerings to provide you with a comprehensive plan:

- one Fitness Profile with a Fit 3D body scan
- one personal nutrition consultation with BodyGem™ resting metabolism test
- one 60 minute personal training session
- two 60 minute, or four 30 minute sessions of choice (nutrition, personal training, Fit 3D, Wellness coaching.)

Cost: \$385

Health and Fitness Classes

LiveWell Fitness Center offers a variety of health and fitness classes, events and workshops such as yoga, Heart Zone Training, High Intensity Interval Training, Total Body Boot Camp and foam roller workshops on our web platform called Learn it Live.

Please inquire at livewellfitnessce@allina.com, or call 612-863-5178 for more details and access information.

Health and Fitness Products

A variety of top-quality health and fitness products such as T-shirts, tote bags, exercise tubing, stability balls, exercise logbooks, water bottles, and more are conveniently available for purchase at our reception desk. Inventory and prices are subject to change without notice.

