



medical membership program

march – spring, growth, renewal, forward motion, one step at a time

wellness – energy, vitality, physical, mental & spiritual health

The medical membership program is designed for individuals with physical limitations and medical conditions who may benefit from a short term, medically directed, individualized program of physical activity. It is designed to foster success, help people achieve their goals, manage specific medical issues, and transition into a regular fitness program.

Exercise isn't the only factor that defines whether or not you're healthy. Everything in your life affects your overall sense of wellbeing. We acknowledge the many facets of your life that affect your well-being, and take a comprehensive approach to fitness and health.



march wellness

*Located at the base of the Tram at
OHSU Center for Health & Healing
3303 SW Bond Avenue Unit MW
Portland, Oregon 97239-4501*

503 418-6272

Fax 503 418-9040

www.marchwellness.com

Start where you are. sm



march wellness



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“As rates of diabetes and obesity continue to increase, physical activity continues to be a fundamental form of therapy.”

–Tufts University

“Leaving patients with chronic low back pain without a functional exercise program poses a risk of worsening disability, resulting in longer periods of sick leave.”

–Norwegian Center of Physiotherapy
Research; Oslo, Norway

“In some cases, exercise has been shown to be as effective or better reducing depression & anxiety symptoms as antidepressants.”

–Medical Health Association



Who Will Benefit?

People with conditions such as:

Diabetes
High Blood Pressure
Metabolic Syndrome
High Cholesterol
Arthritis
Post-Rehabilitation
Overweight
Osteoporosis
Cancer
Fibromyalgia

Important **benefits of exercise** are:

- improves general fitness, increases energy, strength & stamina;
- improves quality of life;
- provides protection from heart disease, stroke & some cancers;
- improves blood lipids;
- lowers blood pressure;
- promotes weight loss & maintenance of ideal weight;
- improves absorption of insulin;
- lessens depression, increases self-esteem, improves mood & helps manage stress;
- helps build & maintain healthy bones;
- improves balance & reduces risk of falls;
- decreases back pain & improves function.

–National Institute of Health

Details

The medical member applicant is required to provide a written provider approval before using the facility.

Medical membership includes an initial 30 minute consultation with the medical membership coordinator and one 30 minute session per month with an exercise specialist.

A medical membership is for a minimum of one month, up to a three month period. A medical member may rollover to a full march membership after the completion of their medical membership. The initiation fee is waived if three months of medical membership have been completed. If the medical member chooses not to rollover, their membership will automatically expire.

Fees

One month	\$150
Two months	\$275
Three months	\$375

Medical memberships are not renewable within a calendar year.

