

Medical Fitness and Wellness Programs

AdventHealth Sports Med & Rehab

The Medical Fitness and Wellness Programs at AdventHealth Sports Med & Rehab are safe and effective sessions supervised by our highly trained exercise physiologists. Specialized wellness programs are offered for post-surgical rehabilitation and to address cardiac conditions, diabetes, Parkinson's and other chronic health issues. You will receive a physiological assessment as well as an individualized exercise program designed to meet your needs. Personal training is also available.

Are you experiencing any of the issues below?

- Balance problems
- Loss of strength
- Difficulty with household tasks
- Shortness of breath during daily activities
- Changes in mood
- Sleep deprivation
- Excess weight

If you answered yes to any of the issues above, this program is for you.

8 Convenient Fitness Program Locations

- Altamonte Springs 407-303-5465
- Apopka 407-609-7207
- East Orlando 407-303-8626
- Kissimmee 407-933-6684
- Lake Mary 407-323-0399
- Dr. Phillips 407-532-6815
- Orlando 407-303-7600
(wheelchair-accessible equipment)
- Oviedo 407-359-5211



\$75 Platinum Package includes:

- An initial physiological assessment with goal setting
- An orientation to your program and equipment
- A three-month follow-up to monitor progress
- A status note at follow-up visit will be sent to your physician upon request

Take control of your wellness today.

\$35 – Monthly membership

\$30 – Monthly membership (employees only)

\$40 – Personal training (per hour)

\$25 – Personal training (per half hour)

Personal training packages available upon request.

To learn more about our medical fitness program, visit AHSportsMedCentralFL.com.

For information on specialized nutritional counseling which includes review of your current eating and lifestyle habits and recommendations that will help you manage and improve your health, call 407-303-8157.


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