



UNIVERSITY OF DELAWARE

HEALTH



# Exercise Counseling Clinic

## WHAT IS EXERCISE COUNSELING?

Exercise counseling provides individualized exercise programs to adults looking to improve their health and fitness. Our Clinical Exercise Physiologists, can help you prevent or manage:

- High blood pressure, cholesterol and other cardiovascular risk factors
- Diabetes, kidney disease and other metabolic disorders
- Age- and disease-related muscle weakness
- Weight control
- Osteoporosis, arthritis and other orthopaedic disorders
- Stress and anxiety

Exercise counseling is beneficial for anyone starting or maintaining a physical activity routine. It's available on STAR Campus at the University of Delaware.

## WHAT MAKES US UNIQUE

- Exercise programs are developed and supervised by Clinical Exercise Physiologists who specialize in developing safe and effective exercise programs for adults with and without chronic health conditions
- Fitness assessments pre/post exercise program to track progress
- Wellness screening including blood pressure, oxygen saturation, resting heart rate and body composition
- 1:1 consultations with our team to determine personalized goals and review program design
- Individuals with chronic health conditions such as cardiovascular disease, renal disease, or diabetes may qualify to exercise in our private, supervised facility
- Continued support and access to our team after the first program for qualified individuals

## INDIVIDUALS WHO COULD BENEFIT

- Healthy adults looking to improve fitness levels or prevent disease
- Individuals with stable chronic health conditions looking to help manage their disease and improve quality of life. Specifically, individuals with:
  - Cardiovascular Disease
  - Diabetes
  - Renal Disease
  - Parkinson's Disease

## PRICING

- Prices vary services rendered
- Premiere service package is estimated at \$45.00 US dollars per month
- Some services are provided at no cost!
- Qualifying individuals can receive up to 12 weeks of free, supervised exercise programming.

## CONTACT US:

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