



“A journey of a thousand miles begins with a single step.”

—Lao-tzu



Prescription for Wellness

Begin the journey to better health and start your 12-Week Jumpstart Program at HNH Fitness today.

Amenities Included

- 3 group exercise studios offering over 70 classes a week including yoga, pilates, cycling, zumba, boot camp, body sculpt, fitness over 50, and more
- 180+ pieces of technologically advanced equipment
- Personal training and small group training
- Free weight area
- Fitness specialists
- Certified nutrition counseling
- On-site Physical Therapy Services
- Medically-based fitness classes
- Pilates reformer
- The Day Spa featuring massage services
- Childcare



For more information on **Prescription for Wellness**, or to speak to one of our friendly and knowledgeable staff members, call **201-262-4626** or e-mail HNHfitness@holyname.org.



12-Week Personalized Health & Fitness Plan for a Lifetime of Better Health

Prescription for Wellness — Our 12-Week Jumpstart to a Lifetime of Better Health

At HNH Fitness, we know that wellness is a continuous journey to the destination of better health. As a medically-based fitness center, we understand that true wellness isn't just about cutting calories or dropping pounds; it's about making real lifestyle changes — the kinds of changes that will produce significant results, improve health, and reduce risks for serious health issues.

Prescription for Wellness — 12-Week Jumpstart to a Lifetime of Better Health

Our 12-week **Prescription for Wellness** plan is a dynamic new concept in personal health management — a step above and beyond traditional diet and exercise plans. This physician supervised program is not a quick fix, but rather a jumpstart to achieving a lifetime of better health.

Our team of experienced medical staff, personal trainers, and nutritionists will design a wellness and fitness plan ***tailored to your individual health goals***, taking into consideration your current lifestyle and complete health picture. When necessary, we will work with your physicians to help co-manage medical conditions such as hypertension, diabetes and obesity — and work with you to make healthy changes to improve your quality of life.



Our medically-based lifestyle wellness program focuses on the following areas:

Personalized, Medically-Based Wellness Assessment

Our **Prescription for Wellness** plan is customized to your current level of fitness and wellness. Our medical team will conduct an initial assessment of your health which includes blood tests, physical evaluation and analysis of your medical history. Throughout the entire 12-week program, your progress will be continuously monitored and assessed by our medical wellness team.

Customized Healthy Eating Plan

Healthy eating is one of the primary components in the journey to long-term wellness. Instead of a quick-fix diet, we'll provide you with the tools to make long-term, healthy choices. Our **Prescription for Wellness** plan will include nutrition counseling and regular visits with our Registered Dietitians who will assess your progress, help you understand the importance of diet and nutrition, and fine-tune any trouble areas.

Regular Fitness Sessions with Top Personal Trainers

Prescription for Wellness features personal training sessions with our motivating trainers. Our personal trainers will work with you to determine your unique metabolic profile and develop an exercise plan that works for you to improve flexibility, increase muscle mass and decrease body fat. We'll also help you maximize your potential for everyday endurance or help take your fitness to the next level for a specific sport or weekend activity.



Lifestyle Wellness Coaching

Our motivational life coaches, fitness staff, and trainers will help you set goals and evaluate your strengths and weaknesses, so, together, we can develop a lifestyle plan that's truly effective for you — for the 12-week program and beyond. Through lifestyle and behavior changes, exercise and nutrition guidance, we'll help you reduce factors for lifestyle-related diseases that decrease longevity and impair quality of life. To accomplish this, **Prescription for Wellness** offers regular group education seminars in combination with one-on-one training and assessments.

State-of-the-art Tools to Track Your Progress

Prescription for Wellness features cutting-edge technology to help set goals and track your progress. **Styku** is a state-of-the-art 3D fitness imaging that uses your body measurements and composition to create a personal full-body avatar allowing you to see your body's changes over time.

Full Access to HNH Fitness

Located in Oradell, New Jersey, HNH Fitness consists of 23,000 square feet of state-of-the-art fitness, exercise, sports medicine services, and a newly expanded physical therapy space.

For more information on **Prescription for Wellness**, or to speak to one of our friendly and knowledgeable staff members, call 201-262-4626 or e-mail HNHfitness@holyname.org.



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