



Get the support you need to implement or increase your physical activity and other lifestyle changes that support improved nutrition, improved sleep, better stress management and prevention and/or management of chronic diseases.

*It starts with one small change...*

### Why Exercise is Important:

- Improves your mood and sleep.
- Lowers your risk of heart problems, high blood pressure, Type 2 diabetes and many kinds of cancer.
- Helps maintain your immune system, which may help to lower risk of infection, lessen symptoms and speed recovery from various illnesses.
- Improves cognition and mental health.

### Additionally...

Small lifestyle changes, when practiced consistently, increase self-efficacy and sustainability of healthy lifestyle behaviors.

*EXI meets you  
where you are,  
finding ways to  
incorporate  
activity and  
healthy habits  
into your life so  
it's doable.*

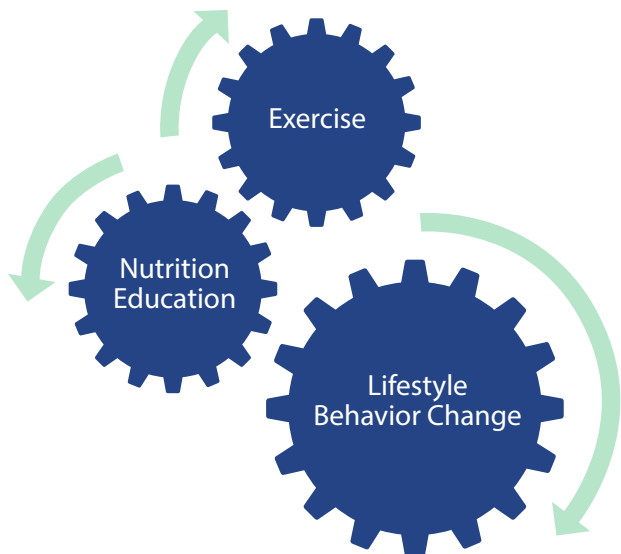
## Finding the Right Fit: Are you...

- ✓ **NOT** meeting the recommended amount of physical activity of 150 min a week, **AND**
- ✓ Your healthcare provider has identified preventable lifestyle risk factors that put you at an increased risk for chronic disease such as Type 2 Diabetes, cardiovascular disease or obesity? **OR**
- ✓ Have you been diagnosed with a chronic disease or obesity (a BMI of 30 or above)?



Anything is  
**everything**

Exercise Intelligence



## How does it work at the Freedom Center?

The 12-week program provides you with a series of one-on-one sessions with a Health & Wellness Coach and Personal Trainer after an individual exercise assessment and prescription, targeted at 3 key areas:

**Exercise**  
**Nutrition Education**  
**Lifestyle Behavior Change**

## Getting Started



Scan for information



To learn more about **EIM** and whether you are eligible to participate.



Complete the **Medical History** form to start the registration process.

visit: <https://freedom-center.com/fitness/exercise-is-medicine/>

### NEED ASSISTANCE COVERING PROGRAM FEES?

Thanks to generous grants and donations from local sponsors, we have funding available to help cover the cost of the EIM program to qualified participants (Freedom membership not required). Please visit our website to fill out the financial assistance form or email the Community Care Coordinator, Tammy Rowland, TRowlan@GMU.EDU.

Exercise  
is Medicine®

Powered by

**EXI**®

**Freedom Aquatic  
& Fitness Center**



10900 University Blvd  
Manassas, VA 20110-2203  
Phone: 703.993.8444  
Fax: 703.993.8478

[www.Freedom-Center.com](http://www.Freedom-Center.com)