

WELLNESS PROGRAMS

COMPREHENSIVE WEIGHT LOSS

- This weight loss program goes above and beyond your typical weight loss program to assess every area of health to ensure that the results are life changing. E-Fitness has managed to assemble a team of 5 professionals to collaboratively oversee this 12-week program. You will receive 2 fitness assessments, 2 nutrition consultations, 3 life-style modification classes and 36 training sessions.

SMART-KEY WELLNESS SYSTEM

- The Smart-Key is the most State-of-the-Art training tool you'll find anywhere on the Gulf Coast. Built like a jump-drive for your computer, the smart-key will lead you through 8 week's worth of customized training sessions. It provides detailed, graphical layouts of your results every day you exercise. If you desire to have a personal trainer but don't necessarily have the time to commit to an appointment, the Smart-Key is for you.

E-Rx (Enlightened Prescription)

- The E-Rx is an exercise & nutrition program designed for people with one or more of the following conditions: high blood pressure, high cholesterol, diabetes or obesity. This 12-week program incorporates e-Fitness' Smart-Key system with dietary modifications. A detailed quarterly report is faxed to your doctor to track your progress.

TARGET-FIT

- This accountability program is designed for people who need that little extra push to stay motivated. Initial set-up consists of a fitness assessment, nutrition evaluation and goal setting. There are weekly weigh-ins and incentives to help you stay on track.

E-LITE KIDS WEIGHT LOSS

- Statistics have proven that children who are over-weight are 7 times more likely to develop coronary artery disease than their thinner peers. Your child will receive a guided, fun-filled exercise & nutrition prescription that guarantees results. It is taught by our Certified Children's Fitness Specialist and our registered dietician. This class is offered twice a week for 12 weeks.

CARDIAC MAINTENANCE

- This is a Phase IV program that was created to offer a stepping stone for individuals graduating from cardiac rehabilitation. It is supervised twice a week and is continuous. Participants will attend a nutrition lecture at the commencement of their program and will be supervised by an exercise scientist

BACK-IN-ACTION

- A 10-session, progressive program designed to cater to individuals who suffer from low back pain. All participants perform a fitness screening prior to initiating Back-in-Action to determine suitability for the program. Participants meet twice a week and are monitored by an exercise scientist throughout the duration of the program. The program utilizes the State-of-the-Art Kinesis machine which is a multi-dimensional, full gravity machine which can only be found at e-Fitness & Wellness.

KNEE-HAB

- Just as the name implies, our Knee-Hab program is a rehabilitation program for the post-operative knee. It was designed to offer individuals a fluid transition from physical therapy into everyday life. Knee-Hab consists of 3, 4-week phases that are progressive in nature. However, whether the participant should attend all 3 phases is dictated by our comprehensive health appraisal prior to the initiation of the program. The main objectives are to increase flexibility, prevent muscle wasting, and increase functional strength.

STRESS MANAGEMENT

- This 7 session course provides experiential exercises in stress management methods (PMR, yoga, breathing techniques, mindfulness meditation, positive thinking, emotional wellness, etc.) that will guide you to cultivate a sense of deep physical and mental relaxation, decreased habitual/emotional reactivity, and a greater self-awareness. You will gain an understanding of the psychophysiology of stress and will be equipped with different tools for managing stress in your life. Ultimately, you'll learn to stay centered in the face of challenges and come to a state of inner peace and balance.

BABY & ME

- Having a baby is exciting but can be overwhelming. That is why e-Fitness decided to create its very own prenatal series. Join our registered nurse for the most up-to-date information on pregnancy, fitness & nutrition in a fun and relaxed atmosphere. The class consists of 6, 1 hour sessions held once per week. Topics addressed are proper body weight, sleep quality, self esteem, postpartum depression and benefits of wellness.

JOURNEY FOR CONTROL

- The Journey for Control program was designed to help participants manage their Type II diabetes. It puts patients first and gives them their best chance for success. The class utilizes innovative teaching tools such as the conversation map to empower patients on how to become better self-managers of their health. This class is offered once per month and is free to members.

Multimedia Meditation

- This non-traditional meditation class is centered on self evaluation and introspection in the "present moment" and is a multi-media approach to exploring the foundations of your thought patterns and their accessibility to change for the better.

NUTRITION CONSULTATIONS

- Our nutrition programs are designed to give you the guidance and motivation needed to reach the path of personal wellness. Our registered dietician provides services to monitor nutrition and weight management, sports nutrition, and medical nutrition therapy. Through this service you will be provided personal goals to be accomplished in realistic time frames, an assessment of calorie and nutrient intake to ensure optimal health, and an easy to follow meal plan to meet your lifestyle and preference.

Call to schedule a free initial consultation to find out more about what e-Fitness & Wellness has to offer.

All wellness programs are available to non-members



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