

MBF gave me my swing back!

— Howard Crandel
Boulder, Colorado



Medically-Based Fitness:

MBF is dedicated to the premise that **EXERCISE** is an important component of a balanced, healthy lifestyle at any age, and a vital tool in the recovery and management of many specific medical conditions, hence the Supervised Exercise Program was born. We recognize the unique needs of various populations and the importance of the individual to remain independent and active.

★ Supervised **EXERCISE** Program:

- Athletes
- Cardiac Rehab III
- Muscle Strengthening
- Vascular Endurance
- Aging/ 65+
- Balance Training
- Chronic Pain/injury
- Arthritis

EXERCISE is a way to build confidence, restore joy, gain energy and increase stamina. Our team of **EXERCISE**

physiologists are here to help clients with their personal and medical goals. Vitals signs are always monitored (blood pressure, heart rate and oxygen) before, during, and after **EXERCISE**. At any time the referring physician would like to see progress, we are happy to provide timely reports.

Each participant works with an **EXERCISE** physiologist either individually, or with a small group, depending on their needs. The focus is on strength, endurance, and individual goals. All participants must obtain medical clearance to participate.



*I really believe in MBF —
they put me back on track with
my active lifestyle.*

— Jan Rosen: Longmont, Colorado



★ Regain

Whether trying to regain function from an injury or surgery, to restoring strength, endurance, balance and daily function with aging and chronic disease, MBF can help meet individual goals! The Supervised Exercise Program is also a great “next step” once you are released from physical therapy. We believe maintaining your fitness through **EXERCISE** is the answer to optimal health.

We have extensive experience using **EXERCISE** to benefit the following medical conditions:

- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Disease
- Cardiac Rehab Phase III
- Diabetes
- Obesity
- Parkinson's disease
- Stroke
- Multiple Sclerosis (MS)
- Hypertension
- Arthritis
- Osteoporosis
- Cancer
- Kidney/Liver Disease
- Crohn's Disease
- Pre/Post-surgical Procedures
- Post Hospitalization
- Brain Injury
- Muscle Weakness (Sarcopenia)
- Fibromyalgia

