



Exercise is Medicine™ - Prevention Programming

CONTACT Susan Iverson * 719-510-8327 * 845 Lancers Court * Monument, CO 80132
sdi4fitness1@aol.com * www.IversonFitness.com

A UNIVERSAL HEALTH CARE CALL TO ACTION Exercise is Medicine™ is an initiative focused on encouraging primary care physicians and other health care providers to include exercise prescriptions when designing treatment plans for patients. Exercise is Medicine™ is committed to the belief that exercise and increased physical activity are integral in the prevention and treatment of diseases and should be regularly assessed as part of all medical care.

WHAT WE DO Iverson Fitness & Wellness Consulting is a registered provider of the Exercise is Medicine™ campaign. We are wellness specialists who offer exercise treatment plans in conjunction with behavior modification, nutrition and stress management to assist in the prevention and treatment of many chronic diseases.

WHY IVERSON FITNESS, LLC Physical inactivity is a fast-growing public health problem which contributes to a variety of chronic diseases and health complications including obesity, heart disease, diabetes, hypertension, cancer, depression and anxiety, arthritis, back ailments and osteoporosis. When faced with such conditions, you need expert help and advice. **Iverson Fitness & Wellness Consulting** offers specialized training services using structured physical activity in conjunction with dietary and lifestyle intervention.

YOU CAN HELP We invite *you* to get involved with efforts in the “Exercise is Medicine” campaign by promoting exercise, weight management and lifestyle intervention to individuals, family and friends who may be suffering from chronic and often preventable diseases due to inactivity, obesity and stress. If you or someone you know is suffering from obesity, high BP or high cholesterol due to poor diet and inactivity, individuals suffering from excessive low back pain or structural issues due to excess body weight and muscular atrophy, please refer them to our site. Encourage them to get involved in regular exercise and lifestyle intervention. Encourage them to get involved in expert programming with Iverson Fitness, LLC.

WHERE DO THESE PROGRAMS TAKE PLACE Iverson Fitness and Wellness Consulting, LLC offers in-home training services, on-line wellness coaching and training within partnered fitness facilities.

INSURANCE COVERAGE Iverson Fitness and Wellness Consulting, LLC is an authorized provider of the EIM Campaign. Some insurance will cover prevention programming and may often cover the cost of exercise training, dietary counseling and behavior modification programs. These options will be discussed with the patient during an initial, FREE consultation with Iverson Fitness, LLC. There is no medical billing obligation required of the providing physician.

RESULTS GUARANTEED Iverson Fitness and Wellness Consulting, LLC offers our clients a money-back guarantee! When customers enroll in a programming plan and *do not* experience satisfaction or results, we refund a portion, if not all, of their investment. Results will be based on outcome of performance measures prior and post training.