

## Health Programs

Health research has shown that making lifestyle change is more successful if you have professional support along the way. Our programs offer a variety of professional interaction and individualized support to assist you on the path to achieving your peak health and performance.

Our health programs, also known as S.H.A.P.E. (Supervised Health and Personal Exercise) programs, are designed to optimize your health and foster life-long wellness using science-based exercise programs that improve engagement and outcomes. If you are living with chronic disease, are recovering from surgery or a health event, trying to manage your weight or want to be proactive in maintaining your health as you age, we can help. The goal of every program is to increase vibrancy by establishing a healthy and balanced lifestyle. Whether you are referred by your medical provider, a friend or yourself, the programs unfold through choices you make regarding the type and amount of support you need to achieve your health and wellness goals.

The following provides an overview of our S.H.A.P.E. process

We begin with a comprehensive S.H.A.P.E. assessment which is scientifically based and personally designed. This includes a confidential review of your health history by our medical director and a conversation with you regarding your goals. Then we proceed with the following steps in 2 appointments:

### Appointment 1

#### • PRE-ASSESSMENT CONSULTATION (with nurse navigator)

The consultation reviews your health history, establishes fitness goals, and confirms specific issues of concern before testing begins.

#### • FITNESS TESTING (with exercise physiologist)

The fitness component includes the following tests listed below:

- Body Composition
- Flexibility (Range of Motion)
- Muscular Fitness
- Aerobic Capacity (VO2 Max)
- Electrocardiogram (ECG/EKG)
- Resting Metabolic Rate (RMR)

### Appointment 2

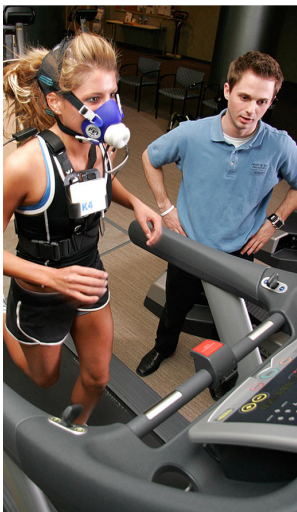
#### • POST-ASSESSMENT CONSULTATION (with nurse navigator or performance director)

The consultation presents the results of the assessment, explains the science of your body, and provides your exercise prescription with recommendations for injury prevention and training.

#### • PRESCRIPTION “WALK-THROUGH” (with exercise physiologist)

The walk-through is a one-on-one session with a POTENTRx exercise physiologist to explain and demonstrate your exercise prescription.

(see reverse for programs)



## S.H.A.P.E. Programs

### • S.H.A.P.E. PLUS

Once you complete your S.H.A.P.E. assessment, this program offers you twelve weeks of individualized support to help you execute your exercise prescription and start your health changes. Your health navigator helps you set interim goals and our staff assists you in achieving them by scheduling “touch points” with you to communicate about your progress. At the end of 12 weeks we perform another S.H.A.P.E. assessment to revise your prescription and recommendations.

### • HEALTHY WAYS

This program is designed for those individuals seeking health coaching to achieve their goals. A POTENTRx health coach will meet with you in person to fully understand how you view your health concerns. Based on where you want to start and your “readiness to change” your coach will help you formulate your individual wellness vision and set realistic goals on the path to improving your health.

You and your health coach will meet weekly (on the phone or in person) and have frequent “electronic” communication that is personally designed to keep you motivated and moving toward success. Your coach will also serve as a navigator and work with the entire POTENTRx team to bring other experts to you based on what you need (nutrition, physical therapy, exercise training, stress management, etc.) to realize your own wellness vision.

### • WEIGHT MANAGEMENT

Our weight management program concentrates on promoting health not size. We believe that a balanced approach to your life results in a balanced approach to your body. We ask you to commit to movement and exercise, to learning about and practicing proper nutrition, and to work with a health coach/navigator. . Our program is medically supervised.

### • PERSONAL EXERCISE TRAINING

If you’ve not been exercising regularly or are returning to exercise after an injury or illness, this program is recommended for you. POTENTRx exercise physiologists will assess your fitness level including strength and flexibility and design a program that will get you in shape. By observing and personally supervising you executing the prescribed exercises, our staff can make sure you are doing the exercises safely with the proper technique and so minimize injury while maximizing the designed benefit. Services are available onsite and in your home, one time or ongoing.

### • CONSULTATIVE SERVICES

Through our network of POTENTRx affiliated providers we are able to coordinate consultations for our health clients in many areas of expertise. These include:

- Nutrition
- Stress Management
- Behavioral Counseling
- Smoking Cessation
- Hypnosis
- Naturopathic Medicine
- Yoga

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## POTENTRx Founders

Sarah Speck, MD, is a cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques. Dr. Speck serves as a clinical assistant professor at the University of Washington’s School of Medicine.

Dan G. Tripps, PhD, directs the Center for the Study of Sport and Exercise at Seattle University and the Center’s Human Performance Lab. His research and clinical practice focus on physical and mental aspects of high performance. Dr. Tripps has coached world-class swimmers and triathletes, served as Executive Director of the Olympic Scientific Congress associated with the 1984 Olympic Games, and has published 12 books on achievement and performance.

## POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Pocock Rowing Foundation • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • YMCA of Greater Seattle