

# Diabetes Exercise | Movin' Forward | Wellness Center

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

jshade@powerwellness.com

Self Refer

Yes

Valley Health

<http://www.vhwellfit.com/clinical-programs/diabetes/>

Main

(866) 439-2325

401 Campus Boulevard

22601 VA

United States

Payment Method(s)

Private Pay

Languages Spoken

English

The Movin' Forward Diabetes exercise program is a structured 8-week program supervised by degreed and certified fitness specialists. The goal is to educate participants on safe cardiovascular exercise and resistance training. Intakes and discharges include tests of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. After completion, the program is designed to allow participants to transition to a regular membership

The cost of the Movin' Forward Program is \$100. It cannot be billed to participant's insurance company and must be paid before the participant can start the program. All interested persons will fill out a Health History Questionnaire and have a Physician's Approval sent to their doctor. After completing the program, participants will receive a certificate to waive the enrollment fee if they transition to standard membership within 30 days.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City