

**The Subcommittee on Department Operations, Oversight, Nutrition, and Forestry**  
**Congressional Field Hearing**  
**Madonna ProActive – Lincoln, Nebraska**  
**August 5, 2009**

My name is Marsha Lommel and I am President and CEO of Madonna Rehabilitation Hospital in Lincoln, Nebraska. Madonna is the only freestanding rehabilitation hospital in Nebraska and the only facility in the country with a Long Term Care Hospital and an Acute Rehabilitation Hospital under one roof. Madonna also has a nursing home, an assisted living facility, a large outpatient program, an occupational health program and a medical fitness center, ProActive, your host for today's hearing. Madonna specializes in rehabilitation for adults and children with traumatic brain injury, spinal cord injury, stroke, pulmonary disease and pediatrics. In fact, Madonna has one of only 7 accredited pediatric brain injury programs in the nation and is one of only 4 to offer an accredited pediatric spinal cord injury program.

What does rehabilitation have to do with wellness? We believe the rehabilitation model lends itself to wellness because rehabilitation is holistic, that is, it does not focus on a body part or a disease like the traditional western model of medicine. Rehabilitation focuses on a person's ability to fulfill their life roles through health in all dimensions--emotionally, physically, vocationally, socially, spiritually and intellectually. In fact, those are the dimensions of wellness incorporated in the ProActive Wellness Assessment, a tool developed by our research institute. Along with a Health Risk Assessment, the ProActive Wellness Assessment allows members to move beyond diet and exercise alone, beyond health risk, to address issues that are preventing them from making positive changes in their lives. One of the most significant of these identified by national studies as well as our own experience, is stress management.

Second, rehabilitation emphasizes that each dimension of a person affects all other dimensions. We know, for example, that a simple walking program increases satisfaction in social and emotional, as well as physical, dimensions. And last, rehabilitation accommodates each person at their level of functioning. One ProActive member's goal was to do anything for 5 minutes. She started by walking in the cross current water track with the current to ease her mobility...and later progressed to full participation in water and land exercise.

We all know that many of the things that have been tried to improve the health of society at large have not been successful. These include scaring people, one size fits all programs and a sole focus on medication or disease management. People are not their diseases. Often wellness programs attract the healthiest people, and those with chronic conditions and obesity are too embarrassed or too intimidated, or have already experienced too much

failure, to participate. We have found that the most important first step for these people is to feel comfortable in the situation, and see that they are on the journey with people like them. That is why the non-fit and the moderately fit population do not feel comfortable in a traditional fitness facility with the younger or more athletic clientele.

ProActive has almost 3800 members and a little more than half of them are considered non traditional members of a fitness club. In an early study of our membership, 66% were overweight, 70% had inadequate fitness level, 74% were at an elevated risk for cancer, 45% were over 50 years of age and 40% of those had significant health impairments or disabilities, 36% had a moderate to high risk of coronary artery disease. These are the health problems of America. But when we look at the underlying attitudes and beliefs of this population, it is apparent that there are significant obstacles in the ability to change. 33% did not feel confident in their ability to succeed in a fitness plan, 17% reported excessive stress and poor coping skills.

At ProActive, we have seen thousands of people regain health through a holistic approach. A 42 year old woman avoided gastric bypass surgery, losing 114 pounds and reducing her triglycerides by 100 points. She states she didn't feel "one bit intimidated at ProActive" and when she described her outcome, she said "Emotionally, I'm so much happier." The women in her aquatic classes have become such good friends, they recently rewarded themselves with a group trip to Kansas City. That is the power of the holistic approach and a concentration on all of the dimensions of wellness.

A 67 year old woman who has had 3 strokes, was diabetic and had high blood pressure and high cholesterol, is now off most medications and is an avid participant in the senior tap dancing classes at ProActive. She said "I needed a place where I felt comfortable. It's better than any medicine."

Successful programming, we have found, is based on the holistic model of rehabilitation. It means including an element of fun, an element of competition and a focus on grouping people with similar characteristics and problems. It means dance classes with participants at any skill level. It means paired and group competitions with prizes (even small ones will do), healthy cooking classes, women's and men's groups, classes for seniors, programs like MedFit for those with medical issues and chronic conditions, and special classes like Adaptive Training for those with physical impairments. Our research institute conducted a two-year research project to adapt commercial fitness equipment so it can be used by those with physical limitations such as those who are partially paralyzed due to strokes, have arthritis or have neuromuscular problems such as MS.

As you look around you at ProActive, you will see that it was designed to address the psychological and spiritual aspects of wellness, as well as the physical. The goal was to

make ProActive entirely different from a typical fitness center so that people who would never set foot in a traditional fitness center, as well as the body building athlete, would feel comfortable here. And they all do. It is a place of energy as well as contemplation. It is accessible to, and welcoming to, those in wheelchairs and with walkers, the elderly and medically fragile. The cross current water track and the simple-to-use circuit were all designed for non-fit and moderately fit members.

The staff of three nurses, two dietitians, five physical therapists, exercise trainers, lifestyle coaches, dance instructors and group instructors address the needs of each member individually, starting with health risk and wellness assessments and individual counseling. ProActive provides medically supervised programs for people with cardiac conditions, arthritis, fibromyalgia, and diabetes. Our success in developing this model has resulted in positive, life enhancing outcomes that have exceeded our expectations.

Madonna's occupational health program, Fit For Work, provides occupational health and work injury services to 43 businesses in and around Lincoln. Working in partnership with businesses and their employees, the expensive costs of worker's compensation, time loss and decreased productivity can all be greatly diminished. Fit for Work staff provided over 1,300 health screens and delivered over 7,300 flu shots to these businesses as well as for the State of Nebraska workers.

Fit for Work incorporated the holistic philosophy of ProActive and developed a wellness initiative to augment its occupational health services. Fit for Work is currently providing wellness services to over 25 companies employing approximately 5,500 employees. Services include Health Screenings for early detection of health risks, Wellness presentations, Weight Loss programs, Tobacco Cessation programs, Nutrition and Wellness Coaching, Walking programs, Stress Management, Fitness classes and medically based programming. The approach is truly health care and prevention verses sick care.

Madonna Rehabilitation Hospital also uses the Fit for Work wellness program for our 1400 employees. Because we are self insured, our cost for employee healthcare can be tracked fairly accurately. In the past 5 years, the total cost to Madonna for healthcare, per employee, has increased 8% or an average of 1.76% per year.

Thus far, 773 employees have participated and 433 have completed at least one Fit for Work wellness program, one of which is the Lifestyle Challenge. This program offers free screenings, regular weigh-ins, health tips and prizes. Outcomes of wellness programs, like rehabilitation, must be tracked over many years to evaluate their true contribution to health. Because of the cost involved in applying research methodology, it is prohibitive for businesses to obtain reliable and valid outcomes or conduct blind studies.

However, Fit for Work does track outcomes for each initiative and program and I can give you a sample of those results. In the “Get In the Game Season Training” program 97% of the participants stated that they learned healthier behaviors at the live events and 70% took action steps to incorporate new choices into their lifestyle. The “Holiday Jumpstart” initiative for weight maintenance led to 71% of participants meeting or exceeding their goals, with 55% even losing weight over the holiday season between November and January. The impact of these events at Madonna has been echoed at the other businesses that implemented the Fit For Work wellness plan.

We also found that we were able to attract employees with the highest health risk to participate, which is often cited as a problem for wellness programs. For example, 69% of our employees participating in the Lifestyle Challenge met the body mass index categorization of overweight or obese. 78% of the overweight or obese employees lost weight, 23 of whom decreased their weight so significantly that they lowered their body mass index risk category.

Another example of the success of Lifestyle Challenge is the subjective evaluation results gathered at the end of each competition. Examples of employee’s perceptions of their health changes through the program include 55% who said they felt happier with themselves, 52% reported having more energy and 24% reported a decrease in stress levels.

With 1,400 employees working shifts around the clock and at locations scattered throughout Lincoln, Fit For Work wellness programming has continued to be creative in finding ways to reach busy workers in the challenging field of health care. Program design allows for all shifts to participate and often the education comes to them. Rolling carts from unit to unit with healthy snacks and educational presentations on nutrition or stress management or exercise, our wellness staff are able to give personal attention to employees who may never attend one of the more formal sessions. The focus is on real life challenges such as the miles it takes to walk off a stadium hot dog or the best and worst choices for breakfast cereal.

Another successful example is the walking program, in which participants are given pedometers and departments compete for most steps, or most improvement or even most participation. Groups of employees are now seen walking the 23 acre campus on breaks and over lunchtime.

We saw a ten-fold increase in our wellness programming engagement when fun and surprise events were incorporated. Successful wellness programs feel private and personal to participants, yet also foster the camaraderie of developing a healthier workplace culture.

It has to meet the needs of the most sedentary staff member and the weekend athlete. It has to help each person feel like their day-to-day choices shape their health.

Wellness is about personal touch and connection. With confusion generated by sound bite media messages, employees need to be able to access information and participate in programs that are relevant to them and fit into their lives.

We are finding similar results at the companies served by Fit for Work. Of the 2400 employees who took the health risk assessment, 74% had a higher risk of cancer, 70% had poor fitness levels, 66% were above the recommended weight, 64% need to improve nutrition and 35% had moderate to high risk of coronary artery disease. Each company has its own profile and an individualized program to meet its unique needs and budget. For example, in one company, almost 90% of employees were smokers. In other companies, sedentary work is a contributing factor to health risk.

The Lifestyle Challenge is one example of a team focused, weight and physical activity challenge. 900 members of 5 different businesses who were part of the programming lost over 2,400 pounds and logged over 36,400 hours of physical activity above and beyond their typical workday activity.

These are measureable examples of the outcomes for one approach to improving health and wellness. As our nation moves forward with the prospect of providing health care for all, it should keep in mind that life saving is not the only responsibility we have in healthcare. If we do not include rehabilitation and wellness, the economic burden will continue to be devastating. We need more medical wellness centers like ProActive and BryanLGH's LifePoint, we need to include coverage for medical wellness programs in insurance plans and in Medicare and Medicaid. We need to fund research at the grass roots level to identify best practices in wellness and establish long term results.

I urge the committee to include rehabilitation and wellness in the healthcare reform bills that are weaving through congress. You may save some lives, as well as ease the healthcare financial burden.

Marsha Lommel  
President and CEO  
Madonna Rehabilitation Hospital  
Lincoln, Nebraska

# Improve your health and enrich your life with Madonna ProActive PLUS.



## A benefit for the 65 & better crowd.

Build the stamina to keep doing what you love the most. Discover your best self and enjoy every moment life offers.

### The PLUSes

Select hours for ProActive PLUS members  
Reduced membership dues  
No contract

### Group classes

Young at Heart	Aqua Arthritis
Pilates	Water Aerobics
Circuit Training	Beginning Tap Blast
Gentle Yoga	Body Sculpt for Beginners

### ProActive PLUS Hours

Monday - Friday 8 a.m.-4 p.m.  
Saturday & Sunday 7 a.m.-7 p.m.  
No matter where you are on your wellness journey, we'll meet you there ... so you can do more of what you love every day.

### Assessment Fee\*

Senior \$49  
The Assessment Fee includes a comprehensive fitness assessment and a follow-up training session.

### Monthly Membership Dues

Seniors \$43  
(Must be 65 years old)

\*Members pay the Assessment Fee only once, as long as active membership at ProActive is maintained. ProActive requires advance, written notice for termination of all memberships. Monthly dues rates are subject to change at any time. Please refer to the member policy handbook for complete terms and conditions of membership.

Call Member Services at 420-0000 to get started today!





## With Madonna ProActive PLUS, now you can!

You've invested in your 401k.

**Invest in *your* healthier future.**

You've contributed to the community.

**Contribute to *your* wellbeing.**

You've helped your children become adults.

**Help *yourself*.**

### **Q. What's the difference between a gym and Madonna ProActive?**

A. Madonna ProActive is Lincoln's FIRST medical-fitness facility. In addition to the equipment and classes, Madonna ProActive offers specialized programs for your heart, health and overall wellness. Additionally, at ProActive, members have access to on-site medical personnel including physical therapists, cardiac and holistic wellness nurses, registered dietitians and exercise physiologists.

### **Q. What if I've never been a member at a fitness facility?**

A. Then Madonna ProActive is exactly the place for you! The welcoming atmosphere was especially designed for people of all abilities and fitness levels. The goal in creating ProActive was to establish an environment where all members of the community feel comfortable and relaxed.

### **Q. Is ProActive just for people who are recovering from illness or injury?**

A. No. Madonna ProActive is for everyone. Madonna's excellence in rehabilitation, based on more than 40 years in the community, created a foundation for the community's first medical fitness facility, but membership is open to everyone who cares about their health and wellness.

No matter where you are on your road to health and wellness, we'll meet you there. Maybe you're a beginner on the road to wellness. Or maybe you've been at it for a while. ProActive's supportive and friendly team will customize a program that helps you keep doing all the things you love in life.

ProActive is for anyone who wants help developing a wellness routine so they can live life more fully.



**Madonna  
ProActive**  
*Now you can.*

7111 Stephanie Lane  
(55th & Pine Lake Road)  
Lincoln, NE 68516  
402.420.0000  
[www.MadonnaProActive.org](http://www.MadonnaProActive.org)

## About Madonna ProActive

Madonna ProActive is Lincoln's leader in medically based health and fitness open to all members of the community. For more than 50 years, Madonna Rehabilitation Hospital has been a trusted name in inpatient and outpatient rehabilitative therapy. With Madonna ProActive, now every member of the community can have access to our medical, therapeutic and educational expertise, in addition to the latest research and technology.

Regardless of age or ability, whether you are just starting out, dealing with health issues or training for a triathlon, Madonna ProActive will meet you where you are and help you on your way to wellness.

Madonna ProActive's certified fitness, wellness, nutrition and medical experts will tailor a program based on your own unique goals and abilities and provide ongoing support to get you where you want to be. As a member, you'll have access to 55,000+ square feet of the finest facilities and equipment.

We have always believed that better health is best achieved by treating the whole person—body, mind and spirit. It's a philosophy that extends across all of Madonna services so we can help members, patients, clients and community members achieve a complete state of health and wellness.



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# MedFit

a safe exercise program for you







- **Listen to your doctor. You can't afford not to.** The average cost of a coronary bypass surgery is around \$50,000.
- People who are diagnosed with diabetes typically have medical expenditures that are 2.3 times higher than those without diabetes.
- About 60% of people with chronic diseases are working-age adults.
- Exercise is not only good for the body, but also is good for the mind. Regular exercisers, those who are active for at least 30 minutes most days of the week, significantly decrease their risk of becoming chronically ill, depressed, disabled and dependent on others.
- **Get with the program, and know what it's like to achieve success.**
  - 10-week medically supervised class, focused on safe exercise in a small-group format.
  - For people with medical concerns like obesity, diabetes, heart disease and other chronic conditions.
  - Focused on strength, aerobics, balance, flexibility and education.
  - Meets for one hour on Mondays, Wednesdays and Fridays at 11 a.m.
- **You expect results, and so do we.**
  - With the direct supervision of an exercise physiologist who has medical fitness experience, a registered nurse with rehabilitation certification and advanced education in holistic wellness, a registered dietitian who knows how to cook up fun and a lifestyle coach who faces challenges head on, you will be equipped with the tools to succeed.
  - MedFit is more than a program. It's an educated approach to wellness.

## MedFit class outline

### Weeks 1-4

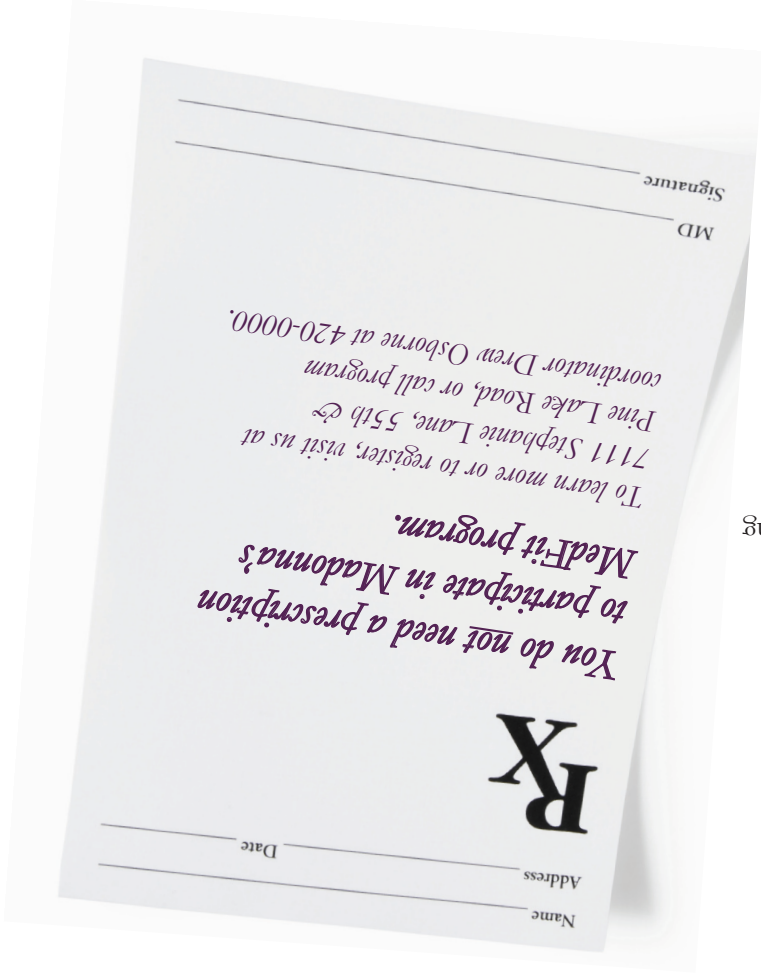
- Mondays**
- Range of motion enhancement and stretching
  - Cardiovascular strength exercises
  - Muscular strength and endurance circuits
- Wednesdays**
- Group class emphasizing muscular strength, flexibility, balance, coordination, range of motion and dexterity
- Fridays**
- Week 1: Circuit Class
  - Week 2: Group Class
  - Week 3: Guest Speaker: Amber Pankonin, Registered Dietitian
  - Week 4: Group Class

### Week 5

- Monday: Circuit Class**
- Wednesday: Group Class**
- Friday: Mid-point Assessment & guest speaker: Ian Thompson, Wellness Coach**

### Weeks 6-9

- Mondays**
- Range of motion enhancement and stretching
  - Cardiovascular strength exercises
  - Muscular strength and endurance circuits
- Wednesdays**
- Group class emphasizing muscular strength, flexibility, balance, coordination, range of motion and dexterity



- Week 10**
- Monday: Circuit Class**
- Wednesday: Group Class**
- Friday: Final Assessments**

- **Week 6: Circuit Class**
- **Week 7: Guest Speaker: Sharon Duffy, Registered Nurse and stroke survivor**
- **Week 8: Group Class**
- **Week 9: Guest Speaker: Anthony Sobotka, Exercise Physiologist for ProActive's LifeBalance for Heart (cardiac rehab) program**



# LifeBalance for Heart

## **What is Madonna ProActive LifeBalance for Heart?**

LifeBalance for Heart is a **Cardiac Rehabilitation Program** designed to help you in reaching your personal level of peak health. You will receive an individualized health assessment conducted by a cardiac nurse. Once the assessment is complete, our expert team will work with you to establish an individualized program to help you to meet your fitness and health-related goals.

Because we believe you are an integral part of the goal-setting process, you are an active member of your LifeBalance for Heart team, which includes a physician, a cardiac nurse, exercise physiologist, registered dietitian and an integrative medicine/relaxation specialist. In order to meet your goals, we will use approaches found in traditional cardiac programs such as monitored exercise, progressive activity and education. We will compliment these traditional approaches with other techniques including cardiac/chair-based yoga, behavior change counsel, relaxation techniques, heart healthy cooking, and nutritional counsel.

We encourage you to choose topics of interest to you from each of our major educational categories: cardiac risk factor modification (to include smoking cessation), nutritional counseling, prescribed exercise and holistic health counseling.

## **Ever felt uncomfortable in a traditional fitness environment?**

Our exercise physiologist will take you step by step through ProActive's exercise equipment. Our team will also teach you how to monitor your exercise and follow through on your program. You will begin our program under close supervision of the staff using heart monitors. This supervision will decrease as your health improves and you gain the knowledge and confidence to advance your exercise. We hope you will be an independent member of ProActive in 3-5 months. You will then have access to 55,000+ square feet of the finest facilities and equipment - open 7 days a week. Our facility offers



equipment for all levels of fitness and abilities. Struggling with arthritis pain? Go easy on your joints and take a walk in our warm water aqua track. Need to relax after the stress of surgery? Take a walk through our meditation garden or relax in front of our fireplace. Our team can help you find the equipment, classes and services that are best for you.

## **How is LifeBalance for Heart different from other programs?**

Our holistic, unique approach emphasizes comprehensive wellness including your social, emotional, spiritual and intellectual health as well as your physical fitness. The real difference in our program is the integration of traditional and holistic approaches to your individualized program and our recognition of you as the driving force in choosing key areas that will impact your health.

Because we limit class size, you will have optimal personal attention, addressing your individual needs. This ratio is ideal for both your monitored exercise, as well as your risk factor education. We understand that accepting your diagnosis and making lifestyle changes isn't easy. We will work one-on-one with you to set goals, and provide the support you need to stay on track.

## **Does Insurance cover LifeBalance for Heart?**

LifeBalance for Heart is a Medicare-approved program that covers a variety of diagnoses including myocardial infarction (heart attack), open-heart bypass surgery, heart valve surgery and coronary stent placement. The program will be covered by most private health insurance plans with a physician referral.

**Call 486-7730 for more information.**

# Is Arthritis Effecting Your Daily Activity?

A new "Let's Move Together" class for people with arthritis pain begins Wednesday, Aug. 5.

## About the class

Through engaging group discussion and medical instruction, you will learn the basics of joint anatomy and joint protection, the importance of exercise and nutrition, how to take medications properly and communicate better with your doctor. You will also learn about self-help devices that can enhance daily activities. The informal, small group setting allows you to seek answers to the questions of most concern to you. In each class, you will receive tips and techniques that can be used right away to better manage the condition.

## Class schedule & Cost

This class will meet on Wednesdays, from 10-11 a.m. and 5-6 p.m.

Education Wing at Madonna ProActive

7111 Stephanie Lane (55th & Pine Lake Road)

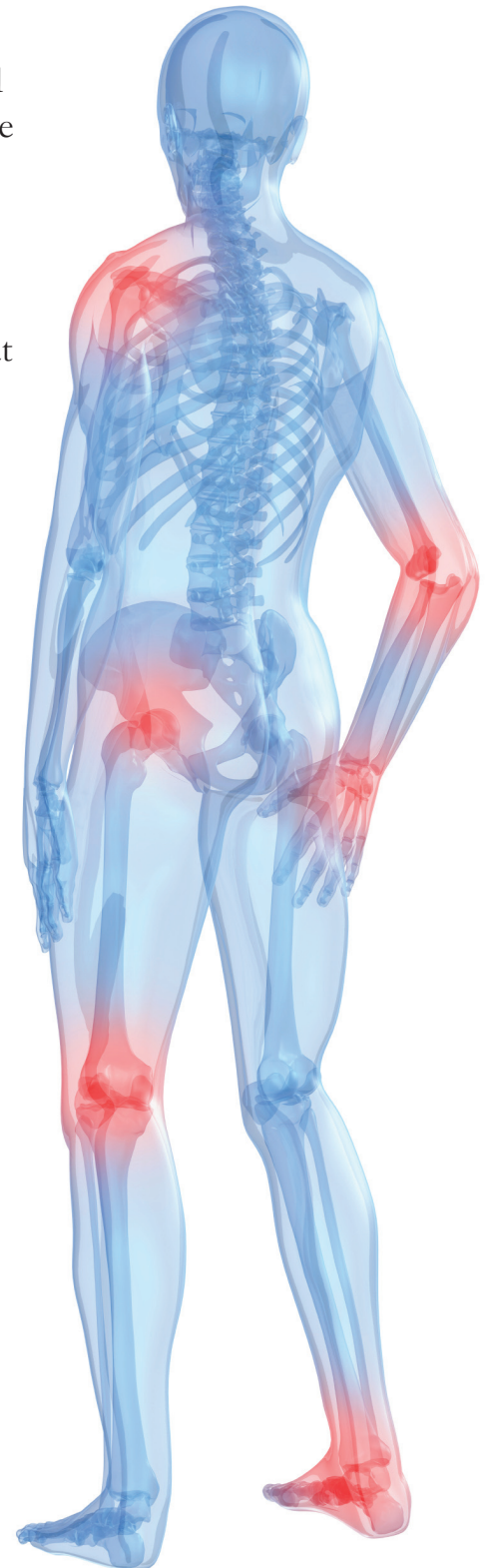
The fee for the class is \$20 for members and \$30 for non-members.

## About the instructor

Sharon Duffy, ProActive's holistic and wellness nurse has successfully completed an in-depth training on the Arthritis Foundation Self-Help program and will lead the class. Sharon is committed to give participants relevant, reliable and resourceful information about arthritis, good for the mind, body and spirit.

## For more information

Call Sharon Duffy, RN, at 486-7787, or e-mail her at [sduffy@madonna.org](mailto:sduffy@madonna.org).





# LifeGuide for Adaptive Training

## What is LifeGuide for Adaptive Training?

Adaptive Training is designed for people with physical limitations that make it difficult to use traditional fitness equipment. The goal is to enable each person to exercise more safely, effectively, and independently by using adapted fitness equipment and exercises. ProActive members with a variety of medical conditions are encouraged to participate, including those with a spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, amputation, or severe arthritis.

The classes involve stretching, strength training and cardiovascular training. An explanation of how to use equipment that has been designed or specially adapted for persons with different disabilities is also included. This class is led by one of ProActive's exercise physiologists with specialized training in using adaptive equipment. A physical therapist is available to consult.



## Ever felt uncomfortable in a traditional fitness environment?

Madonna ProActive was founded on the rehabilitation model, which stresses the importance of holistic wellness. Furthermore, ProActive was created as an environment for people of all abilities. ProActive is about encouraging wellness throughout your life, regardless of your ability level.

Charlie Bills and Anthony Sobatka lead the Adaptive Training group. Both Anthony and Charlie are certified Strength and Conditioning Specialists through the National Strength and Conditioning Association (NSCA). In addition, Charlie has a degree in exercise science from the University of Nebraska-Lincoln and worked as a research analyst in the Movement Sciences Center at Madonna Rehabilitation Hospital for two

years before becoming an exercise physiologist at Madonna ProActive.

Anthony earned his degree in sports science from Briar Cliff University in Sioux City, Iowa, with emphasis in cardiac rehab and athletic training. Anthony completed internship work at Floyd Valley Hospital and CNOS (Center for Neurosciences, Orthopedics and Spine) before he joined the ProActive team.



Additionally, physical and occupational therapists are available on a consultative basis to assist in developing programming for clients with unique needs.

## How is Adaptive Training different from other programs?

Not only does LifeGuide for Adaptive Training involve equipment and expertise at Madonna ProActive, it also coordinates with Madonna Rehabilitation Hospital's Institute for Rehabilitation Science and Engineering, where collaborative work between fitness trainers and clinicians aims to breakdown the barriers that clients face when trying to exercise on traditional equipment. Adapted equipment emerging from this research is available for use at Madonna ProActive.



## How do I get more information or get started with LifeGuide for Adaptive Training at ProActive?

The schedule for Adaptive Training is included in the overall class schedule, which is available at the Front Desk. You may also call ProActive, (402) 420-0000 or get more information at [www.MadonnaProActive.org](http://www.MadonnaProActive.org).



## Adding to Your Nutrition IQ Registered Dietitian Services Available at ProActive

- Are you challenged to combine better eating with a busy life?
- Do you have medical issues?
- Where do you get started in tackling nutrition and your health?

### What Types of Services do Registered Dietitians Offer?

Registered dietitians counsel people on many different topics, including:

- Healthy Meals
- Weight Control
- Menu Planning
- Diabetes
- Food Handling
- Stroke Rehabilitation
- Sports Nutrition
- Food Labels
- Heart Disease
- Digestive Problems
- High Blood Pressure
- Cancer
- Osteoporosis
- And Many More!

### What is a Registered Dietitian?

They are your nutrition experts, assisting consumers in translating the most recent findings in research into real life solutions to improve your health. Registered dietitians are your most credible, objective source of nutrition information and trained in the use of nutrition to prevent and control disease.

**Caution:** Beware of those that are trying to provide you with nutrition advice in combination with trying to sell you products. In Nebraska, the initials RD/LMNT behind a dietitian's name indicate that the nutritionist is licensed to practice Medical Nutrition Therapy.

### Registered Dietitian Access Opportunities for You at ProActive

- **What's Cooking "On The Go" Sessions** Tiny tidbits of nutrition tips to help increase your nutrition IQ. These presentations are in a "come and go" format and are part of your ProActive membership.
- **Group Education Classes** Approximately one hour in length, these monthly presentations are a great way to learn more about specific health topics in a group setting, such as Fitting in Fast Foods or Carbohydrate, Weight Loss and You. Most will be at no cost to you or at a nominal fee.

### Taking Your Health to the Next Level:

- **Individualized Coaching/Counseling** Let our dietitians help take your success to the next level by helping map a plan for your eating success. Visits are not limited to within the walls of ProActive. Dietitians can take you to the grocery store for a specialized tour or help meet your specialized needs. Sessions are available to be purchased by the 1/2 hour or as packages for a reduced fee.
- **Specialized Classes** Keep an eye out for programming that is specific to health conditions such as weight, diabetes, metabolic syndrome, men or women's health and more.

### Meet the Dietitian:

**Michelle Welch, RD/LMNT** A self declared foodie, Michelle focuses her efforts in working with clients to make wellness real in their daily lives. Michelle's wellness programs have received recognition from the American Hospital Association, Centers for Disease Control and the US Department of Health and Human Services as "exemplary programs that work" with the Lifestyle Challenge as their primary example. Well over 10,000 pounds have been lost at the original site of the Lifestyle Challenge that Michelle began in Northwest Iowa. In this past year, ProActive members and corporations participating in their first round of Lifestyle Challenge through Fit for Work lost over 2,400 pounds and logged over 36,400 hours of activity.



As a Corporate Wellness Developer, she designs nutrition and health related programming for use with ProActive members and businesses utilizing Madonna Fit for Work services. Michelle is also married to a dietitian; so their children stand no chance. In her free time she likes to experiment with foods, quilting, scrap booking and use of tap and shopping as exercise techniques. Michelle provides individual counseling and group session education as well as What's Cooking events for ProActive members and Fit for Work clients.

*All ProActive nutrition related services are provided by the Registered Dietitians of Madonna Fit for Work.*