

CURRENT PROGRAM LOCATIONS:

Baylor Tom Landry Health and Wellness Center is one of the nation's largest hospital-affiliated physical health and fitness centers. Our facility includes:

- 7,000-square-foot strength and conditioning training room
- 3,300-square-foot cardiovascular training room
- 25-meter, 9-lane indoor competitive lap pool (82° F)
- Four-lane, warm-water exercise pool (91° F)
- 1/10 mile indoor track, quarter- and half-mile outdoor trails and a 70-meter, four-lane outdoor straightway
- More than 100 group exercise and aquatic exercise classes per week
- Private showers, steam room, sauna and whirlpool

The Carter Fitness Center at Baylor All Saints Medical Center at Fort Worth is a medical based fitness center offering a wide range of programs and services including:

- Group Exercise - CRFC offers group exercise classes throughout the week in our group exercise room
- Gym - This area features both cardiovascular and strength training equipment.
- Pool - Swim laps in our 17 meter pool or participate in one of our aquatic group exercise classes.
- Indoor Track - find your stride on our cushioned indoor track.
- Whirlpool - Revitalize your body after a tough workout in our whirlpool.

Baylor Regional Medical Center at Plano
4700 Alliance Blvd.
Plano, TX 75093



FOR MORE INFORMATION, CALL: **214.820.7872**
or visit us online at LandryFitness.com

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Health and Wellness Center
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SHED PROGRAM

Build a Better You

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SHED PROGRAM

S

SELF CONFIDENCE

Showing to the outside world who you really are on the inside requires self confidence. Taking your wellness into your own hands can be an empowering experience, and we are here to help you make the most of that decision.

H

HEALTH

We understand that being overweight doesn't necessarily mean you're unhealthy. But if you have issues with diabetes, high blood pressure or high cholesterol, regular physical activity and a healthy diet can help to resolve those health problems.

E

ENCOURAGEMENT

This is not an easy journey that you have decided to undertake. There will be days when you just don't feel like walking anymore. Our staff is here to help you, guide you, and encourage you to keep moving forward.

D

DEDICATION

Our staff is dedicated to the health and wellness of every person who walks through our doors. If you dedicate yourself to our program, we promise to dedicate ourselves to helping you achieve success in your journey to a better state of mental and physical wellness.



OUR PROGRAM INCLUDES

- Pre- and post-program assessment
- Twice weekly, hour-long group training sessions led by one of our knowledgeable fitness staff

PROGRAM COST

- \$90 if paid in full, or three monthly installments of \$30 per month

AFTER THE PROGRAM

- Enjoy a discounted enrollment fee if you decide to join one our facilities after completing our program

SHED Program is a three-month exercise regimen designed especially for pre-surgical bariatric patients who are just beginning their wellness journey, as well as post-surgical bariatric patients who have been approved by their physicians to begin exercise.

The goal of the **SHED program** is to improve quality of life and reduce risk of injury by increasing strength, mobility, and stability. Our staff and participants create a culture of encouragement, safety, and comradery. Through patience, dedication and teaching of proper form and technique, we will empower participants to carry out a proper strength and conditioning program no matter where their fitness journey takes them.

