

Mrs. Karin Diaz  
Administrator  
Northwest Focal Point Senior Center  
6009 NW 10th Street  
Margate, FL, United States

Dear Karin,

Fitness & Wellness Works is an in network provider with every Medicare Managed Care Insurance Plan to provide at no cost to their health plan member wellness programs. Below is a description of our capabilities. We are able to go onsite to your entire list of locations as it will add value to the current services you provide.

Fitness & Wellness Works (F&WW) is able to provide quality wellness programs to your total demographic. We have contracts in place with all National Complimentary Alternative Medicine (CAM) Major Medical Health Plans in order to service all your members with in your community centers.

**List Of Local And National CAM Networks Just To Name A Few**

SilverSneakers	Silver & Fit	American Specialty Health
Healthways	Healthroads	Fitness & Wellness Works
MSO's	IPA's	TPA's
Self-Funded Programs	Individual Physician	Federal Employees Program

**List Of Health Plans Insurances Accepted Include But Are Not Limited To:**

AARP Medicare Complete	AARP Medicare Complete Focus	Access
Advantage by Sunshine Health	Aetna	Amerivantage Classic
Amerivantage Specialty	AvMed	Blue Cross Blue Shield (BCBS)
Blue Medicare	Blue Medicare HMO Life Time	Blue Medicare HMO Prime Time
Blue Medicare PPO	Care Plus	CareOne
Cigna	Coventry	Coventry Summit
Coventry Summit Maximum	Coventry Summit Plus	Coventry Vista Ideal
Coventry Vista Maximum	Employer Group Plans	Florida Healthcare Plus
Florida Hospital Explorer	Florida Hospital Sun saver	Freedom Health
Health First Health Plans	Health First Insurance Medigap Plan A	HealthSun Health Plans
Humana	Medigap Plan	Medigap Plan F
Medigap Plan N	Molina Healthcare	Optimum HealthCare
Positive Healthcare Partners	Simply Healthcare Plans	Tri-Care
Ultimate Premier	Ultimate Premier	Ultimate Premier Plus



### Scope of Service

Members will have access to an array of services that can help in their daily lives.

- Members can identify potential implications from their family health history, educate themselves on health prevention and standards, and monitor their health progress toward their set goals.
- Weight Loss coaching programs can help participants lose weight, lower their risk factors, and improve their overall health by adopting achievable strategies that lead to behavior change, lifelong healthy eating, and improved exercise habits.
- Keep-Fit Exercise Programs use information about an individual's personal characteristics and lifestyle to establish an activity program unique to the person's goals and level of ability.

### Our Programs Description Just To Name A Few:



**Yoga** – is a series of postures designed to improve physical and emotional health. By practicing Yoga, the body and mind are linked to create a state of internal peace, bringing the individual from a state of separation to a self-unity that is flexible, accepting and whole. At the practical level are the physical techniques that concentrate on posture, balance and alignment. Yoga utilizes stretching postures, breathing and meditation techniques to calm the mind and tone the body.

**Low Impact Pilates** – offers a unique blend of deep breathing combined with targeted muscle-based stretches from the 'powerhouse,' the abdominal and back muscles. The hectic pace of today's lifestyle leaves many of us with a body full of stress, extra weight or muscle stiffness. These symptoms often point to imbalances where focused exercise and relaxed breathing can significantly improve our overall health, quality of life and personal appearance. This combination provides incredible results in mind and body health for all ages and physical ability levels.



**Tai Chi** – Originally derived from martial arts, Tai Chi has slow, graceful movements that also reflect the natural movements of animals and birds, designed to focus the mind through a series of executions. The forms are practiced in slow continual movements, muscles and joints are in motion and breathing is regulated. This has a calming and de-stressing effect. When practiced properly, Chi or life force energy is increased and one often feels a 'tingling' of fingers and toes and warmth in the body. The movements give a means for motor control, balance, flexibility and can help improve posture and loosen tight muscles. Numerous studies have shown that practicing Tai Chi on a regular basis helps a person to maintain a healthy well-balanced body, mind and spirit.



A photograph of a woman with short, blonde hair, smiling broadly. She is wearing a black tank top and is positioned in the ocean, leaning on a light-colored surfboard. The water is a clear, vibrant blue, and the background shows the surface of the water with some ripples.

Benefits of aquatic therapy include a member's ability to reduce joint and soft-tissue swelling from the natural pressure of water. In addition, the viscosity of water and aquatic therapy allows members enough resistance to strengthen muscle.

Aquatic programs reduces the amount of stress placed on joints so it is especially well suited for members who are in pain and are weakened due to an injury or disability. The decreased joint stress enables members to exercise easier and with less pain.

### **F&WW Water Works Programs Benefit**

Arthritis	Industrial Injury	Post Breast Surgery
Back-pain	Muscle Weakness	Pre and Post Natal
Balance Dysfunction	Myelopathies	Pre/Post Surgery
Cardiovascular Disease	Neurological Disorders	Respiratory Disorders
Chronic Pain Syndrome	Obesity	Sports Related Injury
Compression Fracture	Orthopedic Injuries	Stroke
Decreased Endurance	Paraplegia/Quadriplegia	Tendonitis, Bursitis
Degenerative Joint Disease	Peripheral Vascular Disease	Total Joint Replacement
Fibromyalgia	Peripheral Neuropathies	

Pool programs designed to enhance aerobic conditioning and strength, eliminating the extra weight and force of gravity by the buoyancy of the water. Children, adult and over 55 classes designed for each population.

### **Nutrition – Lunch & Learn**

- Fitness & Wellness Works was created and developed by passionate experts who specialize in the fields of nutrition, health and fitness. We teach people practical ways of maintaining a healthy lifestyle.
- Imagine how great you would look and feel if you were truly eating right! Healthy eating is the practice of making choices about what and/or how much one eats with the intention of improving or maintaining good health.



- Whatever your goals - learning and implementing healthy nutrition is essential for a healthy lifestyle. Fitness & Wellness Works provides comprehensive programs with different levels of personalization and customization to fit your needs and personal goals.
- Fitness & Wellness Works will help you improve your lifestyle, reach your goals and successfully start living the healthy life you desire.
- Enjoy healthy, quick and easy food recommendations from our certified experts





**F&WW Fitness Programs**



**Benefit Description** – Regardless of your age or current physical condition, you can improve your physical and mental health by establishing a fitness program that works with your lifestyle. Perhaps the best reason for incorporating regular exercise into your life is that you will feel better and enjoy life more. Exercise helps you sleep better, manage stress better, and gives you more endurance to enjoy work and play through your participation in our Fitness & Wellness Works.

**Educational Seminar Topics**

Strength for Life	The Magic of Walking	Love Your Heart
You Are What You Eat	Living Well With Diabetes	Know Your Numbers
Managing Your Stress	Managing Change	Injury Prevention
Tobacco Cessation	Chronic Disease and Diabetes	Know your Medications
Dealing With Choric Conditions	Blood Pressure: The Ups and Downs	

**Our Commitment** – We are here to promote wellness, overall health and fitness to our participants and to a better way of life by living a healthier lifestyle.

Please feel free to respond to me here via e-mail or on my cell (954) 465-6900 at any time with any questions or to setup a presentation

Sincerely,

***Rafael Canelo***  
***Chief Executive Officer***

