

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 Healthyroads Fitness & Wellness Works

MSO's IPA'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 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 Sunsaver 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

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TPA's

United HealthCare Vista Health Plans

WellCare

Scope of Service

WellCare Access

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:



<u>Yoga</u> – 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.

<u>Low Impact Pilates</u> – 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.





<u>Tai Chi</u> – 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.





<u>Belly Dance</u> – Belly Dance is a beautiful ancient art form and an excellent workout. The dance is a holistic and uniquely feminine approach to health and fitness. Participants revitalize, energize and tone their body, all while gaining confidence and improving self-esteem. Belly Dance movements focus on the hips, thighs and belly, putting participants in touch with their feminine nature with graceful movements and exotic mesmerizing music. Belly Dance is appropriate for all levels and body types.



<u>Body Sculpt</u> – Toning and sculpting are the focus of this class. A variety of resistance equipment will be used to work all major muscle groups for a calorie burning, core strengthening total-body workout that is perfect for everyone.

<u>Low Impact Cardio Kickboxing</u> – This class focuses on basic kickbox techniques (jabs, punches and kicks) combining high and low impact aerobics moves. This is a fun, high energy class that will provide a total body workout including core conditioning.

<u>Cardio Sculpt</u> – This class includes fun, interval training consisting of high-rep and low-weight strength training and cardio interval bursts. Get a whole body workout in a flash!

<u>Power Walk</u> – A breath of fresh air! A fitness instructor leads a brisk walk outside. Perfect for all fitness levels

<u>Weight-Loss Challenge</u> – For individuals committed to losing 20 pounds or more. This is an interval training class consisting of low-weight strength training and low-impact cardio intervals for a total body workout.

<u>Low Impact Aerobics</u> – A great cardiovascular workout incorporating basic movement patterns, grapevines, shuffles and marches. It is low intensity with power options for a high intensity workout.

Zumba – A fushion of Latin and international music and dance, featuring salsa, meringue, cumbia and samba combined with aerobic/fitness interval training. This class offers a mixture of body sculpting movements and easy to follow dance steps designed to tone the whole body.

F&WW Water Works

<u>Aquatic Pool programs</u> – 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.

Aquatic Pool Programs takes advantage of the physical properties of water, especially buoyancy. When submerged in water buoyancy supports a member's weight which facilitates exercise without the compressive loading forces present with routine land-based programs.





FITNESS & WELLNESS

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 Pre and Post Natal Back-pain Muscle Weakness **Balance Dysfunction** Myelopathies Pre/Post Surgery Cardiovascular Disease **Neurological Disorders** Respiratory Disorders Chronic Pain Syndrome Obesity Sports Related Injury Orthopedic Injuries Stroke Compression Fracture **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.
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- 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
You Are What You Eat
Managing Your Stress
Tobacco Cessation
Dealing With Choric Conditions

The Magic of Walking
Living Well With Diabetes
Managing Change
Chronic Disease and Diabetes
Blood Pressure: The Ups and Downs

Love Your Heart Know Your Numbers Injury Prevention Know your Medications

<u>Our Commitment</u> – 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

