

Healthy Steps



CENTRA



At Centra, our objective is to prevent rather than simply treat illnesses. Centra, in conjunction with area YMCAs, is offering structured exercise programs and personal health education aimed at helping reduce the risk of heart disease and stroke. Our programs are designed to meet individual needs, including:

- Obesity/weight management
- High blood pressure
- High cholesterol
- Pre-diabetes, diabetes
- Vascular disease (PAD/stroke)
- Smoking
- Depression/anxiety/stress

The Healthy Steps lifestyle management exercise program begins with an initial assessment. The client's risk factors, present fitness level, goals and interests are evaluated. An individualized fitness program is developed that includes warm-ups, cardiovascular workouts, strength training, cool-

down stretching and education. By implementing the Healthy Steps program into your life, you will benefit from improvement of health and quality of life.

A Centra registered nurse and/or exercise physiologist works closely with each client throughout the program. The average length of the program is three months. However, each program is individualized to suit your needs.

For more information

For more information, ask to speak to a Centra Stroobants Heart Center representative at the closest YMCA location to you.

- **Lynchburg**
The Healthy Living Center
Jamerson Family YMCA
434.239.9355

Downtown YMCA
434.847.5597
- **Altavista**
434.369.9622
- **Bedford/Moneta**
540.586.3483



CENTRA

Stroobants Heart Center

1901 Tate Springs Road
Lynchburg, Virginia 24501
434.200.WELL (9355)

CentraHealth.com