

Sault Tribe Community Health Medical Fitness Program

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SAULT STE. MARIE TRIBE OF
CHIPPEWA INDIANS

COMMUNITY HEALTH SERVICES
2864 ASHMUN ST.
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What is the Community Health Medical Fitness Program?

- This program is designed to help patients with chronic medical conditions to safely incorporate physical activity as part of a healthy lifestyle to promote good health and wellness.

What does the Program include?

- An initial consultation
- Fitness assessments to determine the patient's current level of fitness, movement efficiency, and general preferences.
- A personalized exercise prescription will be established to help the patient navigate the best course of action to meet their unique goals.



Who is Eligible?

- Sault Tribe Members or members of federally recognized tribe who are 18 years or older.
- **Patients must have one of the following diagnoses:**
 - Anxiety and/or Depression
 - Cancer
 - COPD
 - Coronary Artery Disease
 - Fibromyalgia
 - Hyperlipidemia
 - Hypertension
 - Obesity
 - Osteoporosis
 - Pre-Bariatric
 - Prediabetes
 - Type 2 Diabetes
 - Arthritis

Patient Testimonials

"Working with my exercise physiologist keeps me motivated and has made a huge difference for me."

"I now have more energy and am able to exercise more frequently. I now enjoy working out and look forward to it."

"I will continue to use what I have learned and hopefully I will get healthier and more mobile."