

FIT FOR LIFE PROGRAM

The Fit for Life program was created for you upon completion of your course of traditional physical therapy in order to further benefit from a therapeutic exercise program in this setting. The guidelines for this program are as follows:

1. This program is designed as an independent exercise program without direct supervision of a therapist.
2. Appointments do not need to be scheduled in advance.
3. Sessions must occur during business hours:
Monday-Thursday: 7:00 a.m.-12:00 p.m. and 1:00 p.m.-7:00 p.m.
Friday: 7:00 a.m.-12:00 p.m. and 1:00 p.m.-5:30 p.m.
(Note: The office is closed from 10:30-1:00 p.m. the 2nd Tuesday of each month.)
4. The monthly fee is \$30.00. (Insurances do not cover this cost.) This covers one calendar month. If you start during a month, your first month will be prorated accordingly.
5. A prescription from your physician is needed and can be good for up to one year from the date the prescription was written unless otherwise specified. Please pay attention to that date and do not go past it.

Please contact us at (517) 339-4050 if you have any questions.