



LANGLADE™ CENTER FOR HEALTH & PERFORMANCE

An Aspirus Partner

The Langlade Center for Health and Performance (CHAP) is located on the Hospital campus, adjacent to the Aspirus General Clinic.

The center features:

- 24/7 secure access
- Upper and lower walking tracks
- An isolated sprint track
- A court area
- Locker rooms and showers
- Space for aerobic and fitness classes
- Cardio equipment

Medically Based Fitness Facility

As a **medically based fitness** facility, we consult with our physician advisor, Bart Kneeland, MD, of the Aspirus General Clinic. Dr. Kneeland provides physician oversight to our specialty programs and is available for consultation as needed by our staff.

Monthly WelFit Membership includes:

- Individualized Exercise Program
- 4-week program updates
- 24-7 access to the facility & equipment

Plus:

- No Contract to Sign
- Affordable and Family Rates Available
- Some employers and insurance companies are reimbursing for membership dues. (Check with your employer.)

Exercise is Medicine

Our goal at the Center for Health and Performance is to serve our community promoting healthier life choices. Certified staff provide individual, evidence based training programs to reduce health risks and prevent/manage chronic illnesses. A team approach is used in developing programs geared toward prevention, health and fitness, optimal performance and injury prevention.

As a **member of the medical fitness** association, this new facility adheres to the mantra that “**Exercise is Medicine.**”

As more and more research is being completed, it is becoming clear that in order to keep a body well it requires regular exercise/movement.



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Call 715-623-9924

No contract to sign and
affordable monthly fees.

The WelFit Exercise Program

WelFit is an exercise program designed for you. Our staff and facility allow us to **design, orientate and monitor** each client's training protocol based on physician input, health history and the client's individual goals.

If you are completing formal therapy while participating in the WelFit program, your therapist can provide details about your therapy that will be implemented into your individualized exercise program.

Each client's training program is updated on a monthly basis to ensure client satisfaction and training effectiveness. WelFit is available for anyone age 8 - 80+.

Through this program, blood pressure monitoring will be available both pre- and post-exercise for those who are pre-hypertensive, hypertensive or medicated for hypertension or for those who just wish to have their blood pressure checked. There will also be a glucometer for monitoring blood sugar levels pre- and post-exercise.

Langlade Hospital is committed to building a healthier community.

SportFit

The SportFit program, is designed for student athletes. Each athlete will have an individualized training program aimed at **optimal performance** and injury prevention in those areas specific to the sport he/she is training for. SportFit is available to athletes 13 years and older.

The SportFit **optimal performance** program is available from 2:00 – 5:00 p.m. on Tuesdays and Thursdays year round. We have dedicated staff supervising SportFit participants during these times. Training protocols for SportFit athletes will be updated on an monthly basis.



How do I get started? Call today. 715-623-9924

Step 1: Schedule a tour of the facility and completion of a pre-participation questionnaire.

Step 2: We will take your questionnaire to your physician for his/her approval and recommendations. (You do not need to schedule a doctor appointment unless advised to do so.)

Step 3: Complete your fitness assessment and we will orientate you to the equipment.

Our Resource Team:



Greg Renfro, BS, PtA, CSCS
Email: grenfro@langhosp.org

Sandi Robrecht, AtC, LA, CSCS
Email: srobrecht@langhosp.org



Bart Kneeland, MD



Jim Meinert, Pt, CSCS

This team of health care professionals has over 70 years of combined experience in providing health care, physical therapy, athletic training, and optimal performance services. Let us work for you!