

Medical Fitness Center News and Updates

If you want to rent a locker, please talk to a MFC staff member.

General Reminders

- Scan your membership card at the front desk in the lobby each time you visit the fitness center.
- Pick up a new monthly calendar every month.
- If you are in the pool during a class time, you must participate in the class. Open workouts are the time for you to do your own exercise routine.
- Check the white board in the gym for monthly exercise challenges.
- Update Brady Slater as soon as possible when you receive a new credit or debit card for payment of your membership.
- Check with your insurance company about reimbursement for wellness/exercise programs.



UPMC Central PA Facebook Page

Calling all MFC Members: We Want Your Story

We want to collect testimonials for the UPMC Central PA Facebook page. We want you to share your story and your MFC experiences. Your testimonial should be about you and your wellness journey. We would also love to share any stories of friendships that you have developed because of attending the MFC.

If you are willing to share your story and a photo of yourself, please talk to Sarah or email Sarah at zimmermans15@upmc.edu. Thank you for your continued support!

Medical Fitness NOTES

Spring 2024



**Scott and
Missy share
their personal
stories of
recovery and
resilience.**

MEDICAL FITNESS CENTER

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This information is provided to you as a guide only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions about your health, physical fitness, or medical condition, you should seek the advice of your physician or health care provider.

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UPMC
LIFE CHANGING MEDICINE

MEDICAL FITNESS CENTER

Hillside Medical Center
250 Fame Ave., Entrance B, Suite 100
Hanover, PA 17331

UPMC | HANOVER

Meet Our Members



Scott:

I was only 48 years old when I had a stroke. During the years leading up to it, I dealt with a variety of stress-related health issues including headaches, anxiety, high blood pressure, high cholesterol, and GERD. My experience in having a stroke convinced me it was time to make major changes in my life, which led me to the Medical Fitness Center in Hanover.

Joining the MFC has been one of the best things I ever did! There are so many positives about the MFC from the heated pool and aquatic classes to the trained employees who are extremely kind and helpful. Based on your health needs, they will put a program together specific to you. The staff members will show you how to use the equipment and are always available for questions. Exercising regularly helped me lower my cholesterol level and blood pressure.

When you walk through the door, you feel nothing but welcome – never awkward or intimidated. I have developed many friendships over the years. If you are looking for a place to meet your fitness needs, look no further than the Medical Fitness Center. I can honestly say it's changed my life.

Stroke Awareness

A stroke occurs when there is a disruption in the blood supply to the brain, depriving brain cells of oxygen and nutrients. Stroke is one of the main causes of death in the U.S.

B.E. F.A.S.T. to remember the signs of stroke, and what to do if someone around you is experiencing them.

Balance: Sudden loss of balance

Eyes: Sudden double vision or vision loss

Face: One side drooping

Arms: One is weak or numb

Speech: Slurred speech

Time: BE FAST, call 911

BENEFITS OF PHYSICAL ACTIVITY

Participating in an exercise program will help you to:

- Build strong bones and muscles which can help prevent injuries.
- Boost your self-esteem, mood, and energy.
- Get better sleep.
- Improve your attention and cognitive function.
- Enhance your social interactions.
- Develop a stronger immune system.
- Reduce anxiety, stress, and tension.
- Reduce the risk for chronic conditions.

Missy:

"The MFC is a safe space where I can exercise with compassionate, knowledgeable fitness instructors who have my best interests at heart."

I have been living with Cystic Fibrosis since birth. In December 2013, I had a health scare that made me realize I needed to look for ways other than medicine to slow the progression of my worsening lungs. I was becoming more short of breath and everyday tasks were challenging. In my research, I found UPMC Pulmonary Rehabilitation where they taught me exercises and techniques to build my strength and improve my breathing, which ultimately helped me maintain my quality of life.

I knew it would be in my best interest to continue to build upon my exercise program but, I felt uncomfortable with the thought of going to a "regular gym" because my Cystic Fibrosis caused me to cough a lot. I didn't want to be seen as different or weak.

While in Pulmonary Rehab, I was introduced to the Medical Fitness Center and decided to join. I quickly realized that the MFC is a safe space where I can exercise with compassionate, knowledgeable fitness instructors who have my best interests at heart.

Despite my efforts, my health continued to decline along with my lung function, and I was placed on the transplant list. After 10 months, I got the call and received my double lung transplant on July 2, 2020, at UPMC Presbyterian in Pittsburgh.



Following my transplant, I couldn't wait to come back to the fitness center. The same faces that cheered me on and supported me before I left, were the same ones who greeted me upon my return. The instructors worked with me to find a new routine that matched my new needs.

It's been three and a half years since my transplant, and I am stronger and healthier now than I have been my entire life. My doctor, transplant team, and MFC instructors are miracle workers and I'm living proof.

APRIL IS NATIONAL DONATE LIFE MONTH

How to Observe Donate Life Month

- Dress in blue and green.
- Educate yourself on the importance of donation.
- Register as a donor.

The goal of National Donate Life Month is to increase the number of organ, eye, and tissue donors. Donors can save dozens of lives. Learn more at [UPMC.com/DonateLife](https://www.upmc.com/DonateLife).