

CUT THIS PANNEL OFF

TAKE P.R.I.D.E IN RESTORING YOUR HEALTH

ADDITIONAL PROGRAMS AND SERVICES AT CAROMONT

Caromont Health and Fitness Center:

Fitness Center memberships, personal training, nutrition consultations and group fitness classes. For more information, please call 704.671.7930.

Cardiovascular Services:

Caromont offers Cardiac Rehabilitation for people who have had heart attacks, heart surgery or corrective heart catheterizations. Caromont also offers a Pulmonary Rehabilitation program for people with Chronic Obstructive Pulmonary Disease. For more information, please call 704.671.7932.

CONTACT US:

Caromont Health and Fitness Center
660 Summit Crossing Place, Suite 302
Gastonia, NC 28054
704.671.7930

HOURS OF OPERATION

Monday - Thursday: 5:45 a.m. - 8:30 p.m.
Friday: 5:45 a.m. - 7:00 p.m.
Saturday: 7:45 a.m. - 12:00 p.m.



P.R.I.D.E.

CANCER WELLNESS
PROGRAM

POWER TO RECOVER
THROUGH INDIVIDUALIZED
DEVELOPMENT AND EXERCISE



CaroMont Health



WHAT IS P.R.I.D.E.?

P.R.I.D.E is an eight-week cancer wellness and exercise program designed to assist in managing the physical, social, psychological and spiritual side effects of cancer treatment. This program focuses on patients and survivors during treatment or recovery phases.

GOALS

To improve survivorship by:

- Reducing fatigue.
- Maintaining or improving strength and endurance.
- Improving quality of life.
- Increasing independence in normal activities.
- Decreasing risk of Osteoporosis and Heart Disease.

BENEFITS OF PARTICIPATION

Surgery Patients:

P.R.I.D.E. can help improve range of motion and flexibility after surgery.

Chemotherapy and Radiation patients:

P.R.I.D.E. can assist during and after treatments to increase your stamina, improve treatment tolerance and increase physical function.

Survivors:

P.R.I.D.E. can help restore muscle strength, reduce fatigue, increase lung capacity and improve flexibility.

PROGRAM HIGHLIGHTS

- Led by an Exercise Physiologist.
- Medical Referral from MD.
- Medical Referral Membership Rate available to graduates of the program at CaroMont Health and Fitness Center.
- Access to a Registered Dietitian.
- Health Review with a Registered Nurse.
- Restorative Yoga.

KEY OFFERINGS

- One-on-one coaching and consultation with an Exercise Physiologist.
- Individualized exercise plan based on physician recommendations.
- Low-impact cardio classes.
- Strength exercise classes.

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