

STEP Program Contact Numbers:

For STEP general information:

⇒ (828)452-8096

⇒ Or email us at step@haymed.org

To re-schedule or make changes to Physical Therapy evaluation appointment, contact HRMC Central Scheduling at:

⇒ (828)456-7311

To re-schedule or make changes to STEP Orientation appointments, or to report absence to STEP classes at Fitness Center:

⇒ (828) 452-8096

Fax STEP referrals to:

⇒ (828)452-8349

HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

75 Leroy George Drive
Clyde, NC 28721
(828)452-8080
MyHaywoodRegional.com



Introducing STEP....

STEP is the physician-referred exercise program at Haywood Regional Health & Fitness Center designed to give you a comfortable and fun start to exercise. Taught by experienced Exercise Physiologists and Training staff, STEP is focused on individuals with chronic medical conditions and/or those in a significantly deconditioned state. These individuals often lack the confidence to safely begin an exercise regimen, yet have a greater need for it than any other population. That is where STEP comes in. STEP participants receive the expert help they can count on with integrating exercise into their treatment regimen.

Objective of Program:

The goal of STEP is to provide each and every participant with a safe, effective, enjoyable exercise regimen, which can be carried through with independence to promote lasting lifestyle changes, greater functionality, and overall better health and wellness.

During Your STEP Regimen:

Included in STEP participation is full facility access for the duration of your six weeks. This includes access to the facility seven days a week, usage of locker rooms, pool area, indoor track, and all other amenities, even participation in our Group Fitness class lineup when applicable.

Attendance at all STEP training sessions is strongly encouraged. However, if circumstances such as sickness occur and you are unable to attend, please report your absence to your STEP instructor.



Your Pathway to STEP Participation:

- ⇒ **STEP 1, Doctor's Referral:** Contact your doctor to be referred into the program. For your convenience, the STEP referral form is located on our website in printable format, on: MyHaywoodRegional.com/STEP.
- ⇒ **STEP 2, Physical Therapy Evaluation:** You will then receive a call from HRMC's Central Scheduling department to set up your Physical Therapy. *Note: this service is billed to your insurance; it is not included in the \$75 STEP fee.*
- ⇒ **STEP 3, STEP Orientation:** Upon completion of PT evaluation, you will then make an appointment with Fitness Center staff to attend an upcoming STEP Orientation. These will consist of consultation with an exercise physiologist, six-minute walk testing, blood pressure screening, and various program information. Your \$75 STEP fee will be payable at this time.
- ⇒ **STEP 4, Beginning Your Workouts:** During your STEP orientation, we'll sign you up for your actual six-week STEP class, and determine your start date. (Note: class availability may vary based upon demand, time of year, and other factors.) Your six-week regimen then begins as of your first day in class. STEP classes are hour-long, small-group training sessions which meet twice per week for six weeks. You will retain the same instructor throughout the duration of your six-week regimen.

Cost of STEP Program:

\$75 for participation in one 6-week regimen