

Valley Health Wellness & Fitness
offers the Fit for Surgery program at
the following locations:

Hampshire Wellness & Fitness Center

68 Heritage Circle, Romney, WV 26757
304-822-7255

Valley Health Physical Rehabilitation & Fitness

3774 Valley Road, Berkeley Springs, WV 25411
304-258-8377

Valley Health Wellness & Fitness | Front Royal

120 N. Commerce Ave., Front Royal, VA 22630
540-635-0730

Valley Health Wellness & Fitness | Luray

12 E. Luray Shopping Center, Luray, VA 22835
540-743-9988

Valley Health Wellness & Fitness | Winchester

401 Campus Blvd., Winchester, VA 22601
540-536-3000

Valley Health Wellness & Fitness | Woodstock

1195 Hisey Avenue, Woodstock, VA 22664
540-459-1387

Learn more at valleyhealthlink.com



Rev 10/19

Fit for Surgery



Fit for Surgery

Fit for Surgery prepares participants for elective surgery by improving function through the building of muscle tone and increasing cardiovascular fitness. Research has shown that participation in a pre-surgical fitness program optimizes the outcome by shortening the hospital stay and the recovery time after surgery. The goal of the Fit for Surgery program is to improve fitness level and increase muscle strength before surgery, which may result in faster recovery times.

The 8-week Fit for Surgery program is customized to each participant's individual needs and proposed surgical procedure. Our highly trained fitness specialists will help you establish realistic goals and develop an exercise program to optimize your potential outcome.

Baseline measures are taken for strength, endurance and functional ability at the beginning and end of the program. Participants attend exercise classes on land and/or in the water three times per week under the close supervision of a fitness specialist. All levels of exercise are available — from low level (those who have not exercised in many years) to high intensity (those who exercise regularly).

Exercises are adapted to include precautions and limitations to aid in the recovery process. The program includes education on safe exercise and weight training. The fitness specialist may refer the participant to Valley Health Wellness Services for additional educational needs, such as nutritional advice or smoking cessation counseling. Your referring physician will receive a summary of your progress.

Fit for Surgery participants may use the fitness center as a regular member while enrolled in the program. All program graduates receive FREE enrollment at any Valley Health fitness center.

Cost

The \$100.00 fee for the eight-week Fit for Surgery program includes testing, education, and exercise.

It must be paid prior to the first exercise class and is not billable to insurance.

How To Get Started

Discuss Fit for Surgery with your physician to determine whether the program is appropriate for you. If so, contact the Valley Health Wellness & Fitness location most convenient for you.

