

## Wellness 180°™

Healthy Lifestyle and Cardiovascular  
Risk Reduction Program



### Is this program for you?

If you have any of the following risk factors, you qualify for Wellness 180°:

- Overweight
  - Pre-diabetes
  - Diabetes
  - High blood pressure
  - Family history of heart disease
  - High cholesterol
  - Sedentary lifestyle
  - History of smoking
  - Currently taking medication for any of these risk factors
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#### **Northwestern Medicine Lake Forest Health & Fitness Center**

1200 North Westmoreland Road  
Lake Forest, Illinois 60045  
847.535.7000  
lakeforesthfc.com

#### **Northwestern Medicine Lindenhurst Health & Fitness Center**

3098 Falling Waters Boulevard  
Lindenhurst, Illinois 60046  
847.926.0106  
nm.org

TTY for the hearing impaired 312.944.2358



# Wellness 180°

A healthier heart is well within your reach. By making even small changes to your current lifestyle, you may experience one or more of the following:

- Lower blood pressure
  - Stabilized glucose levels
  - Improved cholesterol levels
  - Weight loss
  - Improved sleep patterns
  - Increased energy levels
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Wellness 180° is a one-of-a-kind program that brings together a team of professionals ready to help motivate, encourage and support you as you make the turn toward better health. We'll set realistic goals and provide you with the tools to help you succeed.

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Your Wellness 180° team consists of:

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- Exercise physiologist
  - Nurse navigator
  - Northwestern Medicine physician
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This monitored program is designed to help you develop a healthier lifestyle. You will receive continued education and supervision from our exercise physiologist, and we help keep you on track with a strategic individualized plan.

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45°

Initial wellness evaluation (fee billed through insurance)

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Screening with a Northwestern Medicine physician

Lifestyle consultation with a nurse navigator

Full blood panel

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90°

Meet and greet follow-up (no fee associated)

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Meet your exercise physiologist

Review your results and set goals

Get an overview of the next eight weeks

Register for one of the following class times/sessions:

### Lake Forest

6:00–7:00 am Tuesday/Thursday

7:00–8:00 am Tuesday/Thursday

9:30–10:30 am Tuesday/Thursday

7:00–8:00 am Monday/Wednesday

9:30–10:30 am Monday/Wednesday

5:00–6:00 pm Monday/Wednesday

6:00–7:00 pm Monday/Wednesday

### Lindenhurst

6:00–7:00 am Tuesday/Thursday

7:00–8:00 am Tuesday/Thursday

Maximum of 12 people per class

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135°

The 8-week program (pay out-of-pocket)

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Two exercise classes per week

Lifestyle education

Food tracking

Weekly weigh-ins

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180°

Final wellness evaluation (fee billed through insurance)

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Screening with a Northwestern Medicine physician

Lifestyle consultation with a nurse navigator

Full blood panel

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### Health & Fitness Center members:

\$185/8-week program

### Non-members:

\$275/8-week program

Space is limited, so sign up now. For session times and more information, please call 847.535.7140.