

Exercise Is Medicine: Partnering With Your Medical Fitness Facility

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piedmont.org/fitness

 **Piedmont** *Real change lives here*

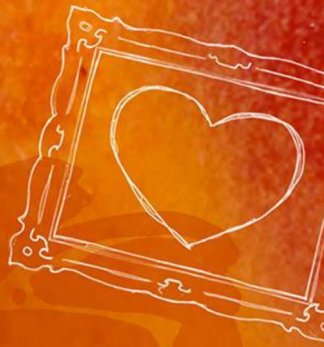
- **Joined Piedmont in 2006**

**Background: ECG, Cardiac Rehab,
Lipid Clinic, Graded Exercise
Testing, Medical Fitness**

- **B.S. Exercise Science – Furman
University**

- **ACSM Clinical Exercise
Physiologist**

- **NSCA Certified Strength and
Conditioning Specialist**





CERTIFIED FACILITY



www.medicalfitness.org

 **Piedmont**
ATLANTA
Fitness Center





CERTIFIED FACILITY



www.medicalfitness.org



2001 Peachtree Road, N.E. | Suite 100 | Atlanta, Georgia 30309 | 404.605.1966

PAH Fitness Center



- 36,000 SF certified medical fitness facility—there are 3 in GA. The first for Piedmont.
- Fully integrated with Outpatient Physical Therapy.
- Connected to 5 service lines within the hospital plus the physician-led Exercise is Medicine program focusing on serving the patient population journeying through the management of chronic conditions.
- Participatory with Employee Wellbeing initiatives



Amenities

Lap & Therapy Pools

Physical Therapy

Massage Therapy

Personal Training

Pickleball & Basketball

Swim Lessons

Free Fitness Assessments



MEET OUR TEAM



JENNIFER LAVOIE
DIRECTOR OF EMPLOYEE WELLBEING



PAIGE JONES III
FITNESS CENTER MANAGER



ALVETA CORNELIUS
DEPT. ASSISTANT



BEVERLY DAVIS
DEPT. ASSISTANT



CHANDLER RUDD
FITNESS INSTRUCTOR



MARQUESE STALLWORTH
EXERCISE PHYSIOLOGIST



SONYA SMITH
EXERCISE PHYSIOLOGIST



TAYLOR ANDERSON
EXERCISE PHYSIOLOGIST



ASHER EZZARD
EXERCISE PHYS / TRAINER



MYLES CHELCY
EXERCISE PHYSIOLOGIST



NICOLE DECUIRCIO
EXERCISE PHYS / TRAINER



ALEX PRESTON
EXERCISE PHYSIOLOGIST



ALEXIS WILLIAMS
EXERCISE PHYSIOLOGIST



UCHE IBEBUNJO
EXERCISE PHYSIOLOGIST



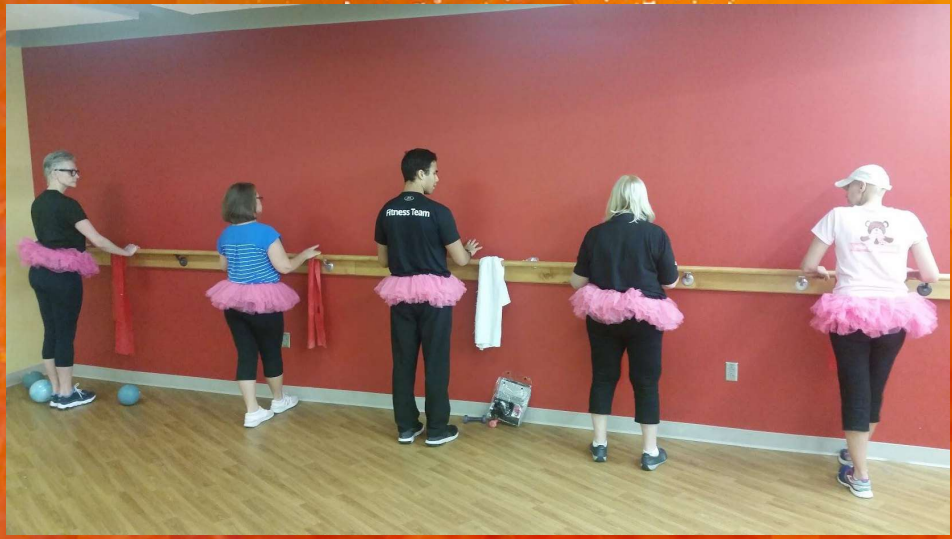
MICKI MACCALLUM
LEAD EXERCISE PHYSIOLOGIST



ALAN GRIMBERG
EXERCISE PHYS / TRAINER

#Culture





Exercise & Diabetes: Through The Ages

Ancient Period

(600 B.C. – 1800)

Early Therapeutic Period

(1801 – 1920)

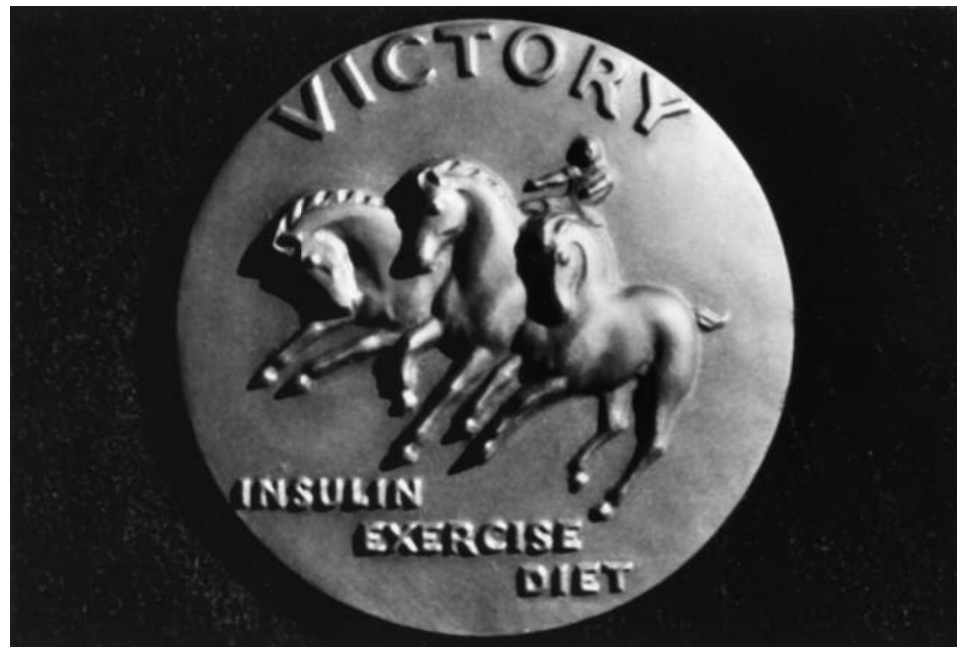
Late Therapeutic Period

(1921- present)

Exercise Sciences Period

(1887 – present)

EP Joslin Victory Medal





Exercise & Diabetes

Lower insulin response (glucose challenge)

Greater glucose tolerance

Improved insulin sensitivity (decreased secretion)

Reduced liver glucose production

Increased liver glucose clearance

Decreased abdominal adiposity

Improved muscle glucose delivery/extraction





Exercise & Type 1 Diabetes

Over/Under-Insulinization*

Poorly Controlled Patients*

Exercise F.I.T.T.

Post-Exercise Insulin Action

Hypoglycemic Risk

Pre & Post Exercise Glucose

CHO availability

The background of the slide is a vertical rectangular image with a warm, autumnal color palette of oranges, reds, and yellows. It features a dense pattern of various autumn leaves. In the bottom right corner of this image, there is a white line-art illustration of a heart inside a square frame with decorative corners.

Exercise & Type 2 Diabetes

Positive Impact On Insulin Resistance*

Comorbidity Reduction*

Exercise F.I.T.T.

Post-Exercise Insulin Action

Hypoglycemic Risk

Pre & Post Exercise Glucose

CHO availability



Hypoglycemia & Hyperglycemia Prevention

Before Exercise:

- 1. Consume meal 1 – 3 hours before**
- 2. Insulin > 1 hour before**
- 3. Blood Glucose**
 - 1. < 90 – ingest CHO**
 - 2. 90 to 270 – proceed**
 - 3. > 270 – hold exercise**

The background of the slide is a warm, autumn-themed collage. It features various shades of orange, red, and yellow, with scattered leaves and a white outline of a heart inside a decorative frame in the bottom right corner.

Hypoglycemia & Hyperglycemia Prevention

During Exercise:

- 1. Monitor blood glucose during sessions > 60 minutes**
- 2. Hydrate**
- 3. Supplement CHO every 30 minutes if needed**

The background of the slide is a warm, autumn-themed collage. It features various shades of orange, red, and yellow, with scattered leaves and a white outline of a heart inside a decorative frame in the bottom right corner.

Hypoglycemia & Hyperglycemia Prevention

After Exercise:

- 1. Monitor blood glucose (overnight if needed)**
- 2. Adjust insulin therapy**
- 3. Increase caloric intake (if needed)**



THE OPPORTUNITY

The Aerobic Exercise Prescription:

3 – 5 days/week

55% - 80% of maximum HR (RPE 5-6 out of 10)

20 – 60 minutes

Mode = Compliance

Single bout or accumulated (wearables)

Should not coincide with peak insulin periods



THE OPPORTUNITY

The Resistance Exercise Prescription:

2 – 3 days/week

1 – 3 sets of 10 – 15 repetitions

8 – 12 exercises (major muscle groups)

Individualized progression

Mode = Compliance



When To Refer To Your Medical Fitness Facility

HbA1c Not At Goal

Comorbidity Risk Reduction

Psychosocial Concerns

Optimize Therapy

Quality Of Life Improvement

Proximity To Fitness Center



Referral Opportunities



Heart Fit/Strong (maintenance cardiac rehab)

COPD (live & virtual)

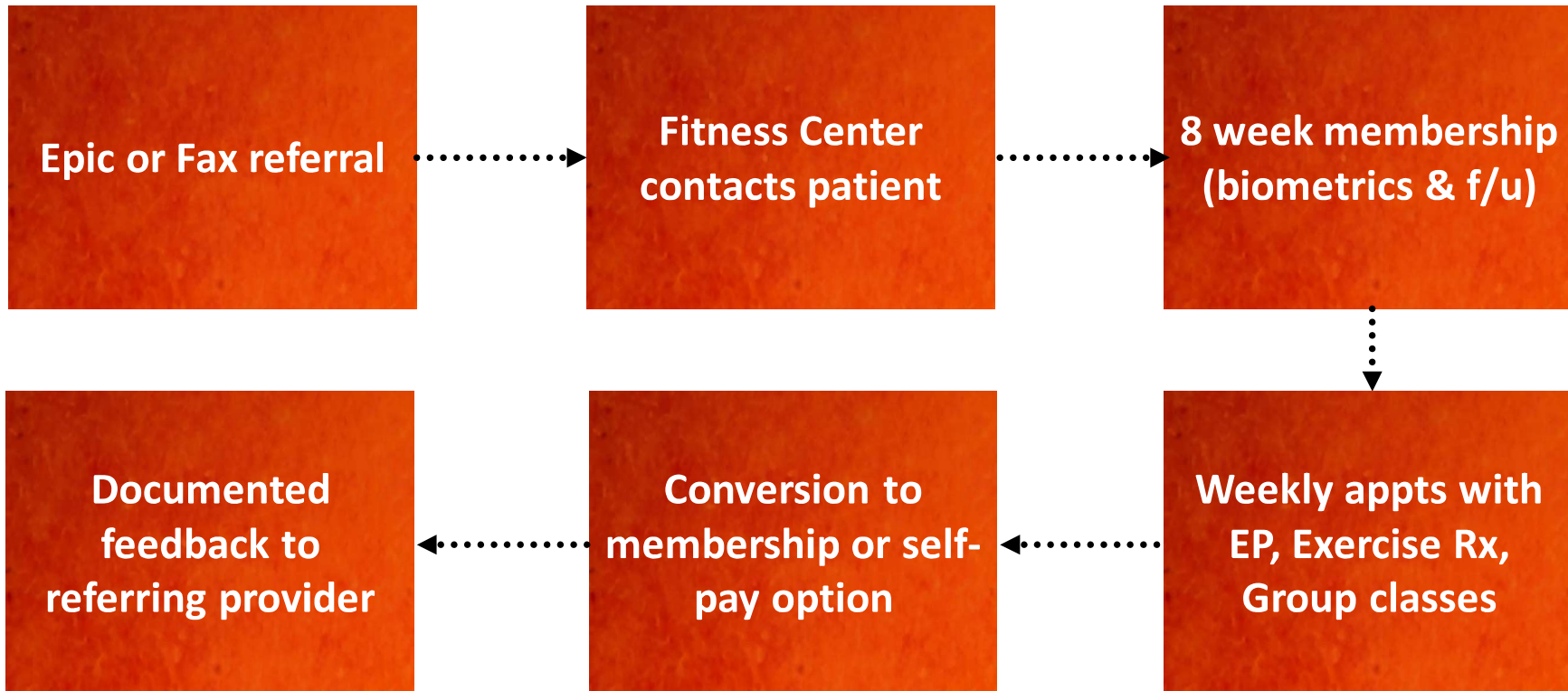
Pink (12 weeks; breast cancer specific)

Cancer Wellfit (grant funded; all cancer Dx)

Aquatic Arthritis

Aquatic Spine Wellness

Exercise Is Medicine





**Exercise
is Medicine[®]**

**AMERICAN COLLEGE
of SPORTS MEDICINE[®]**

•Epic Referral to Exercise Is Medicine (2019 Data)

- One month clinical trial (free)
- ~20 referrals/month
- ~50% participation
- ~60% compliance
- ~25% conversion to membership
- Medical Fitness Program (self-pay)

Exercise is Medicine®

AMERICAN COLLEGE
of SPORTS MEDICINE®

Jim Griffin

Referred for Parkinson's

"My medication has been reduced and a revised exercise program developed to further my defense against the disease. I am not free of the disease and some symptoms, but overall, I am confident that my progress is good and seems to serve very well for the intermediate future."

[Read full story](#)



Linda Black

Referred for Hypertension

"As soon as I took control of my diet and reduced my sugar intake, I started seeing improvements. Because of the great support of the fitness team at Piedmont, I was able to discontinue one of my blood pressure medications and reach my fitness goal!"

[Read full story](#)



Robert Parker

Referred for Diabetes and Arthritis

"My diabetes has become more manageable and my HbA1C level has decreased from 9.5 to 5.6. My total cholesterol went down to 125 from 250. Also, I do not receive as much pain from my arthritis and tendonitis."

[Read full story](#)



Referring a Patient to EIM

1. The correct order: **“Ambulatory Referral to Exercise is Medicine”** as seen below

Order Search

Ambulatory referral to exercise

[Browse](#) [Preference](#)

Panels (No results found)

After Visit Medications (No results found)

After Visit Procedures ^

| ID | Name | Type | Facility | Pref List | Px Code | Cost to Org |
|--------|--|----------|----------|---------------------|----------|-------------|
| 152986 | Ambulatory Referral to Exercise is Medicine | Referral | | AMB FACILITY RE... | REF21083 | |
| 153037 | Ambulatory referral to Supervised Exercise Therapy (...) | Referral | | AMB FACILITY REF... | REF407 | |

Referring a Patient to EIM

2. You must **enter the location** within the order otherwise it will not go into the exercise clinic's work queue

Ambulatory Referral to Exercise is Medicine ✓ Accept ✗ Cancel

Class: External Re

Referral: To prov spec: Fitness Health

To provider: [Search] [Location]

To loc/pos: [Redacted]

Reason: Specialty Services **Specialty Services Required** Second Opinion Patient Preference

Priority: Routine **Routine** Urgent Elective

RefType: Outpatient Consultation

Priority: Routine **Routine** STAT

Comments: [Icons] [abc] [Undo] [Redo] [Help] [SmartText] [Insert SmartText] [Navigation]

Referring a Patient to EIM



3. Search “fitness center” and select “Piedmont Atlanta Hospital Fitness Center” for location
- *Note: The Fayetteville location does not offer this program, so ALL patients, regardless of location, should be referred to the Piedmont Atlanta location.*

Location Finder

Fitness Center

Filter by Showing results for "Fitness Center"

- Language
- Provider Specialty

| | | |
|---|---|--|
|  | PIEDMONT ATLANTA HOSPITAL FITNESS CENTER | 2001 Peachtree Road, Suite 100 ATLANTA GA 30309 |
|  | PIEDMONT FAYETTE HOSPITAL FITNESS CENTER | 1250 Highway 54 West, Suite 200 Fayetteville GA 30214 |



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