

# Set a new PACE

(Professionally Assisted Customized Exercise)

Exercise plays a central role in helping to improve and maintain good health. That's the goal of PACE, St. Luke's self-monitored, medically supervised exercise program. Developed by exercise physiologists, PACE offers customized exercise plans for independently functioning adults with:

- ~ Pacemakers
- ~ Peripheral artery disease (PAD)
- ~ Heart failure
- ~ Diabetes
- ~ Osteoporosis
- ~ Depression
- ~ Post-cancer recovery needs
- ~ Weight management goals
- ~ Other chronic medical conditions

To learn more about PACE or to schedule an initial assessment, call **218.249.6940**.

state of the art  
HUMANITY

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## PACE at-a-glance:

- ~ Outpatient program held at St. Luke's medical fitness center
- ~ Includes up to five one-hour sessions per week
- ~ Physician consent required
- ~ Program cost:
  - ~ \$50 initial assessment fee (includes first month of exercise)
  - ~ \$40 a month (subsequent months)

THE PATIENT.  
ABOVE ALL ELSE.®

  
St. Luke's

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