

**Hancock County Health Department Fitness Center
671 Wabash Avenue Carthage, IL 62321
(217) 357-2171 ext 119**

Information Sheet for Patients

Our goal is to help Hancock County Residents who want to improve their health, mobility, and the management of chronic diseases (diabetes, arthritis, hypertension, obesity, etc.) through regular exercise.

Requirements:

- 1) You must be referred by your healthcare provider. You can print the referral form and take it to your provider, or we can request a referral for you. Call Maureen at (217) 357-2171 ext 119 to start the process.
- 2) You must be over age 60 or you must meet income requirements. Call Maureen at (217) 357-2171 ext 119 for current income requirements for your household.
- 3) You must sign a Waiver and Release of Liability agreement.

Hours:

Please call Maureen at (217) 357-2171 ext. 119 to begin the enrollment process. After enrollment is completed, clients may exercise from 8am-12:30pm and 1-4pm Mondays through Fridays, except federal holidays.

Facility and Equipment:

Located in the Hancock County Health Department, the Fitness Center has a separate entrance, foam flooring, and commercial grade exercise equipment. The maximum user weight on most of our machines is 400 lbs.

We have two True Treadmills, a Schwinn Airdyne upright exercise bike with arm levers, a Cybex recumbent bike, a Cybex Arc Trainer, a NuStep T5 recumbent cross trainer (ADA compliant, suitable for any user) and two hydraulic machines that work abdominal/low back muscles and legs. We also have videos (Chair Yoga, Chair Dancing, Strength Training) and 2 lb. hand weights available.

A television/dvd player and stereo are available for client use while exercising.

We are grateful for the generous support of the Community Foundation of the Quincy Area, Blue Cross/Blue Shield of Illinois, and the Keokuk Area Community Foundation.

Come to the Fitness Center, exercise, be healthier, and feel better!