

# WELL+FIT

## Do you have chronic joint or muscle pain?

Do you want to feel better, have better stamina and flexibility, and improve function?

A WellFit nutrition and exercise plan can help.

Patient Centered Wellness™

# WELL+FIT

WELLNESS CENTER OF THIBODAUX REGIONAL

726 N Acadia Rd.  
Thibodaux, LA 70301  
985.493.4765



*Medically-Integrated, Customized Plan for  
Improving Overall Health & Well-Being*

## Rheumatology Care

Patient Centered Wellness™

Your **customized WellFit plan** will include nutrition and fitness education and unlimited access for the duration of your program to the Fitness Center of Thibodaux Regional. The plan may also include physical therapy and behavioral health services.

**Program Cost: \$99 for 8 weeks.**

*Ask Your Physician About WellFit  
or Call: 985.493.4765.*

Unlimited access to The Fitness Center of Thibodaux Regional is included for the length of the program.

*For a Virtual Tour:  
FitnessCenterofThibodauxRegional.com.*

## RHEUMATIC DISEASE & OBESITY

Obesity has a tendency to make arthritis, gout, lupus, fibromyalgia and other joint diseases and conditions worse. Not only do the extra pounds add wear and tear to the joint, but fat cells release chemical hormones, many which promote inflammation and lead to osteoarthritis.

Earlier onset and more severe osteoarthritis is often the result of obesity.

## PROPER NUTRITION & EXERCISE

Following a proper nutrition and exercise plan has many benefits to those who suffer from rheumatic diseases and conditions:

- Decreased pain
- Increased mobility, flexibility and range of motion
- Increased functional capacity
- Weight loss, resulting in reduced stress on joints
- Improved emotional health

## FIBROMYALGIA

Individuals suffering from fibromyalgia can often improve pain levels and physical function with daily low-impact aerobic exercise, resistance training and aquatic exercise.

