

Do you have hip or knee pain?

Do you want to feel better, have better stamina and flexibility, and potentially delay the necessity of a joint replacement?

A WellFit nutrition and exercise plan can help.

Patient Centered Wellness



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

Orthopaedic Care

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.*

WHAT THE RESEARCH SHOWS

Studies have shown that following proper nutrition and exercise has many benefits and can:

- Decrease pain
- Increase mobility, flexibility and range of motion
- Increase functional capacity
- Result in weight loss reducing stress on the joints
- Improve your emotional health
- Potentially delay surgery

IF YOU DO REQUIRE A TOTAL JOINT REPLACEMENT

WellFit integrates medical care with wellness to give you the highest quality, most active lifestyle possible. WellFit strives to optimize your strengths while lowering your medical risks.

WELLFIT CAN HELP IMPROVE YOUR SURGERY OUTCOME

WellFit can also help improve the outcome of surgery by helping you to become physically stronger, thereby decreasing recovery time and reducing the chance of complications, helping you get back to an active, healthier lifestyle more quickly.

