

## Programs Currently Available

**Aquatic Program (Water Only)**  
Tuesday and Thursday  
11:30 am—1:30 pm  
\$100

**Land Program (Land Only)**  
Monday, Wednesday and Friday  
11 am—1 pm  
\$125

**Combo Program**  
(Land and Water Combined)  
Monday through Friday  
11 am—1:30 pm  
\$175

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*All of the programs listed above  
are eight week sessions  
and include: personal  
instruction; pre and post  
program assessments; and  
supervision by trained and  
certified wellness professionals.*

*Scholarships are available.*

## Additional Information

### Contact:

Laurie Ludwig, MS  
Health Educator  
Program Director

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www.powellwellnesscenter.com

### *Powell Wellness Center Mission Statement*

*At Powell Wellness Center, Health & Fitness, we are dedicated to providing an exceptional customer experience and improving the overall health of the community we serve.*

### **"P.W.C." at PWC**

*Physician Wellness Connection*  
at  
*Powell Wellness Center*

# Optimal Health & Wellness Program

Your Guide to the  
*Optimal  
Health and Wellness  
Physician Referral  
Program*  
at  
**Powell Wellness Center,  
Health & Fitness**



*"Movement is medicine  
for creating change in  
a person's physical,  
emotional and  
mental states."  
(Carol Welch)*

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Health & Fitness  
A Service of Culpeper Regional Health System

## Program Information

### What is the Optimal Health and Wellness Physician Referral Program?

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The Optimal Health and Wellness Physician Referral Program is an exercise program designed to improve the overall health of the community.

Its purpose is to assist the medical community with patients and work together to build healthier lifestyles.

This eight week program will provide guidance in developing a safe exercise program along with education and encouragement.

### *Expected results may include:*

Improved Self-Esteem

Increased Energy

Reduced Blood Pressure

Reduced Cholesterol

Weight Loss

## Getting Started

### *Join US on the journey to a healthier YOU!*

#### How do I get started?

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Obtain a referral form from your medical practitioner for any of the following conditions:

Recently Diagnosed with a Medical Condition

Lack of Physical Activity

Preparing for Surgery

Recovering from Surgery

Obesity

Diabetes

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#### Program Includes:

Two Fitness Assessments with an Exercise Physiologist, Pre and Post Program

Individualized Exercise Prescription

Close Supervision during Exercise throughout the First Four Weeks

End of Program Report to Physician

## Program Staff

### **Brandy White**

- BS in Exercise Physiology—George Mason University
- WIT personal training certification
- Currently working toward NCSF Certification

### **Laurie Ludwig**

- BS and MS in Exercise Physiology—West VA University
- Cancer Exercise Specialist
- ACE Lifestyle & Weight Management Consultant Certification--pending
- NCSF — pending

### **Amanda Mewhorter**

- Associate Degree (AOS) Personal Fitness
- NASM-Certified Personal Trainer
- ACE- Certified Personal Trainer
- ACE-Lifestyle and Weight Management Consultant (January 2010)

### **Brandon Spalding**

- B.S. Health and Exercise Science—Bridgewater College
- NCSF Personal Training Certification (January 2010)

### **Sharon Steele ~ Aquatics**

- 30 years of Fitness Industry Experience
- Exercise Physiology—University of Houston
- Pregnancy and Exercise—Rice University
- 26 years of Water Fitness Experience
- AFAA Certification
- AEA Certification
- Basic Water Safety Certification
- Currently working toward Water Rehabilitation and Therapy Certification