

FOR IMMEDIATE RELEASE

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SMH's RehabFIT: New Name, New Location, New Program

PLYMOUTH, N.H.--- Spaulding Memorial Hospital's Rehabilitation Services Department, responsible for outpatient physical and occupational therapy, the school occupational therapy program, cardiac rehabilitation and assorted wellness programs, is changing its name to RehabFIT. The name change coincides with the department's impending move to the new medical office building at Boulder Point and the addition of a medical fitness program.



"As we began planning for Rehab's move to Boulder Point late last year, and expanding the program with the addition of medical fitness, we realized it was an opportunity to reposition our services and incorporate the fitness component into our department name," explains Director of RehabFIT Gillian Cavezzali.

RehabFIT is the first department expected to move from its current location at 20 Highland St., to Spaulding's new 32,000 square foot medical office building in early December. Spaulding Memorial at Boulder Point is located off Tenney Mountain Highway on Boulder Point Drive. RehabFIT will begin seeing outpatient physical and occupational therapy patients at Boulder Point within a day or two of moving. It is important to note that Cardiac Rehabilitation will remain in its current location at Spaulding Memorial Hospital.

As of January 2010, RehabFIT plans to begin offering memberships to its new medical fitness program. Medical fitness is a comprehensive approach to the prevention and treatment of disease through education, health screening and physical activity.

"It's really all about you," says Cavezzali. "The medical fitness gym will feature Technogym equipment that uses a SmartKey wellness system software that will provide real-time biofeedback (heart rate, calories burned), and track, monitor and analyze your performance and abilities." She adds that the SmartKey will store your workout data and viewing preferences, as each cardio machine has its own build-in television. It will also serve as the member's key to building after regular business hours.



All medical fitness members training programs will be tailored to meet individual goals based on each person's unique medical profile. Qualified staff will actively monitor workouts and provide medical oversight. Cavezzali stresses medically-based fitness programs are not like going to a traditional gym or fitness center. The purpose of medical fitness is to help patients achieve greater health through emphasis on prevention, health risk reduction and lifestyle programming.

Open in January 2010, medical fitness hours will be Monday through Friday from 6 a.m. – 8:30 p.m. and on Saturday's from 6 a.m. – 7:30 p.m. To learn more about RehabFIT contact Gillian Cavezzali at (603) 238-2308 or RehabFIT@spearehospital.com

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

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