



Our Services

WEIGH TO HEALTH

A program for adults who want to lose weight, improve their health, and feel better every day.

The Weigh to Health® program at McKay-Dee Hospital helps you learn not just what to do, but how to do it. You'll learn:

- How to shop for and prepare food that's nutritious, affordable, and great tasting.
- How to be more physically active — and enjoy it.
- How to set goals you can reach.
- How to keep track of your own diet, exercise, and weight in a way that will help you reach your weight loss goals.

For more information about Weigh to Health, visit mckaydee.org/classes or call **801.387.7854**

POWER METRICS

Designed for everyone from beginners to seasoned athletes, Power Metrics is a six-week program designed for anyone who wants to improve physically. Certified trainers will focus on power and agility training through:

- Strength building
- Increased vertical lift and improved landing and movement
- Improved agility and balance

Total cost is \$150, program runs two hours a day, three days a week for six weeks. All levels and ability groups are welcome.

FREE INJURY ASSESSMENT

Come in for a free injury assessment with one of our physical therapists or athletic trainers specializing in running injuries.

Our Locations

NORTH OGDEN

2400 North Washington Blvd.
Ogden, UT 84414

WEST OGDEN

1355 W. 3400 South
Ogden, UT 84401

OGDEN

3895 Harrison Blvd.
Ogden, UT 84403

LAYTON

2075 N. 1200 West
Layton, UT 84041



801.38 SPORT • 801.387.6610 (FAX)

mckaydeethopedics.org

Classes & Programs

Rev. 6/17



Our Classes and Programs

ACL INJURY PREVENTION

Part of being an athlete is mastering new skills and abilities, such as endurance, speed, agility, and technical understanding of a sport. As with any activity there is always a risk of injury, which is why effective injury prevention is so critical. The Intermountain ACL Injury Prevention Program was developed by Intermountain Healthcare professionals to educate coaches, athletic trainers, referees, parents, and athletes about the importance of proper warm-up.

This free class provides in-depth training on how to warm up properly using:

- Core endurance
- Neuromuscular control
- Balance
- Strength
- Plyometric
- Agility

All of which are key elements for effective injury prevention. Cost is Free.

BIKE FIT

The bikefit program improves a rider's comfort and efficiency on their bicycle through advanced technology and expertise from medical professionals.

Services include:

- A customized head to toe assessment that includes strength and flexibility testing.
- Sophisticated digital measurements to maximize comfort and determine strengths and needs.
- Participants are encouraged to bring their own bike and gear to achieve a custom fit.

Total cost for the service is \$100 per rider.

BOSU BALL BALANCE CLASS

This conditioning program is a low impact, moderate intensity exercise routine that is designed to improve your balance and strengthen your core.

The BOSU ball is a dome shaped apparatus that you will utilize to work every muscle of your body. You will be instructed in proper form and technique that will help to increase you muscle strength, muscular endurance, flexibility, and balance.

This class is designed for those just beginning an exercise program, or for those that want to strengthen your core muscles and improve your balance. Cost is \$65 for 8 classes. Registration for this class can be done at: mckaydeeorhopedics.org.

TOTAL BODY CONDITIONING

Is an adult conditioning program designed to increase:

- Muscle strength
- Aerobic endurance
- Flexibility
- Body composition

In this high energy group fitness class participants learn how to perform activities with good form to maximize results and reduce the risk for injuries. This class is good for individuals with a basic foundation of fitness and generally free of injuries. Exercise modifications are offered to adjust to individual capabilities. Cost is \$65 for 8 classes. Registration for this class can be done at: mckaydeeorhopedics.org.

RETURN TO SPORT

Following an injury or prolonged pain, the Return to Sport program will help you get back to competing at the highest levels. Through the program you will overcome obstacles and restore your strength, speed, balance and agility through:

- Strength building
- Increased cardiovascular fitness
- Improved agility and balance
- Core strength development

Cost is \$120 for 8 sessions or \$220 for 16 sessions. Call 801.38.SPORT to schedule your first session.



For information about any of our classes or pricing call 801-38 SPORT or visit: mckaydeeorhopedics.org