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Contact: Rob Cavanaugh
Phone: (732) 632-1586

JFK Johnson Rehabilitation Institute: Hospital Based Gyms Offer Unique Difference

Edison, NJ--So, you're itching to get back into shape and you're ready to start exercising. Fantastic decision! A stronger and healthier you will unveil a new confident and positive outlook on life. But first, you must choose a gym.

Choosing the gym right for you can be a challenge. There are gyms, and then there are hospital-based fitness facilities. Does the difference matter? Phil Colombrita, manager of the JFK Health and Fitness Center at JFK Medical Center in Edison comments, "The greatest distinction between hospital-based fitness facilities and general fitness centers is that hospital programs offer the additional benefit of medical expertise as it applies to fitness activities and programs."

Many people join a hospital-based fitness program as part of their recovery program. Often, hospital fitness centers have programs geared toward those recovering from an injury or illness. These programs can be medically specific, focusing on the goals of those trying to manage concerns such as injuries, heart ailments, cholesterol, diabetes, obesity, and many others. Says Colombrita, "That specificity allows a program to be targeted, thereby geared toward definitively achieving medical goals."

But hospital based programs aren't just for those recovering from an injury or illness. Colombrita notes that the medical distinction can ultimately help identify what will work based on medical truth, not a fitness fad.

Here are some tips:

1. Choose a facility that has a comfortable atmosphere
2. Ask about the range, age, purpose, and safety of the equipment offered,
3. Find out about the personnel and their training
4. Look into payment options
5. Are other services offered, such as personal training and exercise classes?
6. Can the center offer you that personal touch in planning your program—helping you to identify and reach your individual goals?

Affiliates of SOLARIS Health System

JFK Medical Center • Muhlenberg Regional Medical Center • JFK Johnson Rehabilitation Institute • New Jersey Neuroscience Institute
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65 James Street, P.O. Box 3059, Edison, New Jersey 08818-3059 (732) 321-7000 www.solarishs.org





For this and more, look into the JFK Health and Fitness Center, located on the Medical Center campus at 70 James Street in Edison. It combines fitness with sound practices and medical expertise to help individuals achieve their personal goals.

JFK Health and Fitness Center offers a wide array of cardiovascular, strength and resistance, and post-rehabilitation equipment suitable for the needs of a diverse clientele. The facility offers the guidance of exercise specialists, assistants, and personal trainers, allowing for members to get the knowledgeable attention they need. Blood pressure and heart monitoring is available before and after exercise.

For more information about the JFK Health and Fitness Center or to schedule a complimentary Fitness Assessment, call 732-632-1610.

Founded in 1974, The JFK Johnson Rehabilitation Institute (JRI) is a major component of Solaris Health System, one of New Jersey's most comprehensive healthcare networks.

The JFK Johnson Rehabilitation Institute headquartered at the JFK Medical Center in Edison is a comprehensive rehabilitative service provider focused on educating the community on rehabilitative health and helping adults and children with disabilities reach optimal function and independence. The Institute offers a complete array of inpatient and outpatient programs and services in rehabilitative health, including stroke, orthopedics, prosthetic and orthotics, electrodiagnosis, fitness, cardiac, women's health, pain management, pediatrics, speech pathology and audiology, industrial and vocational rehab, and brain injury rehabilitation programs and services. JRI includes a 94-bed inpatient center in Edison. Outpatient centers are located in Edison, Metuchen, Monroe, and Plainfield. Affiliated with the JFK Johnson Rehabilitation Institute is the Shore Rehabilitation Institute, a 40-bed inpatient and outpatient comprehensive rehabilitation hospital located in Pt. Pleasant, NJ. The Rehab Medicine Department at JRI also serves as the Department of Physical Medicine and Rehabilitation for UMDNJ, Robert Wood Johnson Medical School. JFK Johnson Rehabilitation Institute is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Comprehensive Inpatient Rehabilitation, Brain Injury, and Comprehensive Vocational Evaluation programs. For more information on The JFK Johnson Rehabilitation Institute, call 732-321-7790 or visit the organization online at <http://www.njrehab.org>.

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