

blue cross blue shield wellness program gym membership

Blue Cross Blue Shield Wellness Program: Gym Membership Perks & How to Maximize Them

Are you a Blue Cross Blue Shield (BCBS) member looking to boost your health and wellness? Many BCBS plans offer fantastic wellness programs, and a key component for many is gym membership discounts or reimbursements. This comprehensive guide dives deep into the world of Blue Cross Blue Shield wellness program gym memberships, exploring what's offered, how to find the best deals, and ultimately, how to get the most out of your membership. We'll cover everything from eligibility requirements to maximizing your benefits – empowering you to achieve your fitness goals while saving money.

Understanding Your Blue Cross Blue Shield Wellness Program

First things first: Not all Blue Cross Blue Shield plans are created equal. The specific wellness benefits, including gym membership perks, depend heavily on your individual plan. Your policy documents, available online through your member portal or via a call to customer service, are your best resource. Look for keywords like "wellness program," "fitness reimbursement," "gym discounts," or "health and wellness benefits."

The information provided in this blog post is for general guidance only and shouldn't replace consulting your official BCBS plan documents. Always verify the specifics of your coverage directly with your insurance provider.

Types of Blue Cross Blue Shield Gym Membership Benefits

BCBS offers several ways to support your fitness journey:

Direct Gym Reimbursements: Some plans offer direct reimbursement for a portion of your gym membership fees. You'll typically pay upfront and then submit a claim for reimbursement. The reimbursement amount varies depending on your plan and may have annual limits.

Discounted Gym Memberships: Other plans partner with specific gyms or fitness chains, offering members discounted rates. This often involves enrolling through a dedicated portal or providing your BCBS membership information at the gym. The level of discount varies by provider and plan.

Wellness Programs with Gym Incentives: Some plans bundle gym access with broader wellness programs. This might include online fitness resources, coaching services, or other incentives designed to encourage healthy habits. Participation in these programs may be a requirement to unlock the gym benefits.

Health Savings Account (HSA) or Flexible Spending Account (FSA)

Contributions: While not a direct gym benefit, your HSA or FSA funds can often be used to pay for gym memberships, providing a tax-advantaged way to cover your fitness expenses.

Finding Your BCBS Gym Membership Benefits

Locating your specific benefits requires active searching within your plan documents and on the BCBS website. Here's a step-by-step approach:

1. Log into your BCBS member portal: This online portal is your one-stop shop for all your plan information.
1. Navigate to the "Benefits" or "Wellness Program" section: This usually provides a detailed breakdown of your covered benefits.
1. Search for keywords related to fitness: As mentioned earlier, look for terms like "gym membership," "fitness reimbursement," "wellness program," etc.
1. Contact BCBS customer service: If you're having trouble finding the information, contacting customer service is always a good option. They can provide specific details about your plan's coverage.

Maximizing Your Blue Cross Blue Shield Gym Membership Benefits

Once you've identified your benefits, consider these tips for maximum impact:

Choose a gym that suits your needs: Don't just pick the cheapest option. Select a gym with equipment and classes that align with your fitness goals.

Understand the reimbursement process: If you're receiving reimbursements, make sure you understand the deadlines, required documentation, and any limitations.

Track your expenses: Keep records of all your gym-related expenses for easy reimbursement claim filing.

Explore all aspects of your wellness program: Many programs offer more than just gym discounts. Take advantage of additional resources, such as online fitness classes or health coaching, to maximize your health benefits.

Regularly review your plan benefits: Benefits can change annually, so it's crucial to review your coverage each year to ensure you're taking full advantage of all available options.

Choosing the Right Gym

With your BCBS benefits in hand, consider these factors when choosing a gym:

Proximity: Select a gym that's conveniently located to minimize travel time.

Amenities: Consider the type of equipment, classes, and other amenities that are important to you.

Membership options: Review different membership tiers to find one that fits your budget and needs.

Reviews: Check online reviews to gauge the gym's cleanliness, staff friendliness, and overall member satisfaction.

Conclusion

Navigating the world of Blue Cross Blue Shield wellness programs and gym memberships can feel overwhelming, but with a little research and planning, you can significantly improve your health and save money. By understanding your plan's specific benefits and following the tips outlined above, you can effectively leverage your BCBS membership to achieve your fitness goals and live a healthier, more active lifestyle. Remember to always check your individual plan details for the most accurate and up-to-date information.

FAQs

1. Can I use my Blue Cross Blue Shield gym benefit at any gym? No, the eligibility of gyms varies depending on your specific plan. Some plans may offer discounts only at participating gyms, while others may reimburse you for a gym of your choice, up to a certain amount.

1. What documents do I need to submit for reimbursement? This depends on your plan but typically includes a copy of your gym membership agreement, receipts for payments, and possibly a completed claim form. Check your plan documents or contact BCBS for specific requirements.

1. What happens if I change my gym membership during the year? You may need to reapply for reimbursement or re-enroll in any discounted programs with your new gym. Check your plan's guidelines for details.

1. Are there any waiting periods before I can use my gym benefit? Some plans may have waiting periods before you can access wellness benefits. Review your policy documents for clarification.

1. What if my Blue Cross Blue Shield plan doesn't offer gym membership benefits? Explore other options such as using your HSA or FSA funds, negotiating discounted rates directly with gyms, or looking for community fitness programs.

blue cross blue shield wellness program gym membership: [Free Gym Memberships](#) Jesse Stoddard, 2015-06-01 DON'T JOIN a health club until you read this! The #1 Consumer Awareness Guide for anyone looking to workout at a gym or health club As featured on CNN Money Edition Fitness Industry Veteran Reveals All In This Health Club Industry Exposé Introducing Industry Secrets to SAVE At Least \$250 Right NOW on Your Gym Membership Are you looking for a free gym or fitness club membership? Are you shopping around in vain trying to find the best health club membership deal in your area? Looking for ways to waive pesky enrollment and processing fees? Are you frustrated with the way health clubs seem like used car lots with pushy sales people? Or maybe you are paying for a gym membership you rarely (if ever) use, and are frustrated about having to continually pay way too much? Wish you could get out of your contract and cancel your gym membership? Do you wish you could hire a trainer and sign up for all kinds of programs but can't afford it? Are you debating even joining a club, still trying to find a cheaper alternative? Then you need Free Gym Memberships to learn How to Get an Unbelievable Deal on Your Gym Membership and save on fitness services for life. It's easy, it works, and you can do it.

blue cross blue shield wellness program gym membership: *The Wellness Project* Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results

and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

blue cross blue shield wellness program gym membership: Workout to Go National Institute on Aging (U.S.), 2016-02-06 Are you just starting to exercise? Getting back into a routine after a break? Wanting to keep up your physical activities away from home? The 13 exercises in this sample workout can help. In this booklet, you'll find easy-to-follow strength, balance, and flexibility exercises that you can do anytime, anywhere. For more exercises and information, see Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging (PDF ISBN: 9780160930096), or check out the resources offered through Go4Life®, an exercise and physical activity campaign from the National Institute on Aging at NIH (go4life.nia.nih.gov). Featured exercises include: Hand Grip Wall Push-Up Overhead Arm Raise Back Leg Raise Side Leg Raise Toe Stand Stand on One Foot Heel-to-Toe Walk Balance Walk Ankle Stretch Back Stretch Thigh Stretch Shoulder and Upper Arm Stretch Keywords: Workout; workout routines; workouts for women; workout plans for men; aging; exercises for older adults; strength; flexibility; how to be more flexible; flexibility exercises; balance; balance exercises for elderly; health and fitness; home workout routines;

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Highmark Employees Outcomes*Healthy Competition: Taking the Team Approach to Wellness The Benefits of Teaming Up at Work Planning and Implementation Incentives Reduce Risk Selling the Program and Making it Work Setting the Price of Participation Real Team Competitions An Optimistic Outlook*Case Study: Meridian Health System Promotes a Healthy and Productive Workforce Changing the Employer Culture Fit to Win Weight Loss Program a 12-Week Effort Keep Programs Simple and Entertaining*Case Study: Washoe County School District Gets Good Grades in Health Promotion The Purpose of Wellness Programs: A Deeper Look Programs and Process Generate Progress Reading to Lose Weight, Improve Mental Health The Payback on Wellness Programs Some Encouraging Results*Case Study: Excellus Blue Cross Blue Shield Steps Up Web-Based Wellness Efforts Targeting Marketing to Multiple Audiences Free Step Up Program Open to Members and Non-Members Alike Putting Together a Healthy Competition Measuring Activity, Results and Awareness Incentives for Healthy Lifestyles Designing Incentives to Boost Outcomes Behavior's Role in Health Status Incentives Influence Behavior, Corporate Culture Refining Requirements A Bona Fide Wellness Program The Challenges of Sustaining Participation Incentive Programs Behind-the-Scenes A Promising Prognosis*Case Study: ACIPCO Incentives Stimulate Gains in Productivity, Compliance and Safety The Building Blocks of Success Approach to Wellness at ACIPCO Important Indicators Incentive Insight from Experience*Case Study: Onus on THR Employees to Be Healthy A Unique Role Strategic Goals and Measurements THR's Long-Term Strategy Program Vision Impacting the Bottom Line Looking Ahead*Q&A: Ask the Experts More Medical Behavior Integration Incentives for HRA Participation Making HRA Completion Mandatory The Legal Ramifications of Incentives Assessing Readiness for Telephonic Coaching Who's Online Counseling for Occupational Traumatic Stress Role of Communications in Engaging Employees Employers Reaction to Workplace Wellness Engaging the Workforce Implications of the Selection Process Program Development and Decision-Making Getting on Board with Healthy Competition Programs Looking Ahead Most Effective Communications Tools Getting Participants to Track Their Progress Opening Programs to Non-Members Incentive Program Time Frame Sustaining Motivation Calculating Improvement in Complex Measures Self-Reported Behavior Change Software for Health Screenings Getting into the Wellness Game Employee Coverage Reporting ROI*Glossary *For More Information *About the Authors

blue cross blue shield wellness program gym membership: The Risk Takers Renee Martin, Don Martin, 2010-04-06 The Risk Takers is about ordinary people, all with good ideas, who faced daunting challenges, but took a leap of faith and started their own business. The book tells the stories of the personal and professional journeys of sixteen fascinating men and women who built hugely successful, multimillion dollar companies. They started with very little, opted to strike out on their own, and struggled with disappointment and failure. Yet, they overcame adversity and through persistence and resiliency determined their own destiny. You'll meet the founders of companies familiar to most Americans: Geek Squad, Curves, Liz Lange Maternity, Kinko's, Paul Mitchell, Spanx, Amy's Kitchen, along with nine others. Don and Renee Martin, successful entrepreneurs in their own right, personally interviewed these men and women whose inspiring stories demonstrate it's never been easy to start your own business and navigate it through all the inevitable storms to ultimate success—in any economy, in any era. But can be done. The personal stories in this volume remind us of what is possible when you combine an inspired business idea with faith and tenacity. It's the right book at the right time—it's time to resurrect The American Dream.

blue cross blue shield wellness program gym membership: Health Promotion in Practice Sherri Sheinfeld Gorin, Joan Arnold, 2008-03-11 Health Promotion in Practice is a practice-driven text that translates theories of health promotion into a step-by-step clinical approach for engaging with clients. The book covers the theoretical frameworks of health promotion, clinical approaches to the eleven healthy behaviors—eating well, physical activity, sexual health, oral health, smoking cessation, substance safety, injury prevention, violence prevention, disaster preparedness, organizational wellness, and enhancing development—as well as critical factors shaping the present and the future of the field. Written by the leading practitioners and researchers in the field of health

promotion, *Health Promotion in Practice* is a key text and reference for students, faculty, researchers, and practitioners. Finally, a signature book in which practitioners of health promotion will find relevant guidance for their work. Sherri Sheinfeld Gorin and Joan Arnold have compiled an outstanding cast of savvy experts whose collective effort has resulted in a stunning breadth of coverage. Whether you are a practitioner or a student preparing for practice, this book will help you to bridge the gap between theory and practice-driven empiricism. —John P. Allegrante, professor of health education, Teachers College, and Mailman School of Public Health, Columbia University The models of health promotion around which *Health Promotion in Practice* is built have a sound basis in current understanding of human development, the impact of community and social systems, and stages of growth, development, and aging. This handbook can provide both experienced health professionals and students beginning to develop practice patterns the content and structure to interactions that are truly promoting of health. —Kristine M. Gebbie, Dr.P.H., R.N., Columbia University School of Nursing

blue cross blue shield wellness program gym membership: Managing Diversity in Today's Workplace Michele A. Paludi, 2012-04-23 This four-volume set provides updated empirical research and best practices for understanding and managing workplace diversity in the 21st century, including issues of gender, race, generation, disability, sexual orientation, national origin, and age. As the demographics of workplaces in the United States continue to evolve to include more women employees, a growing percentage of aged employees, and greater racial diversity, a broad understanding of human resource management issues in multiple functions is necessary. Today's workplace professionals need to be up to speed on best practices for staffing, training and development, performance appraisals, work/family integration, compensation, health and safety, equal employment opportunity, disciplinary strategies, and labor relations, just to mention a few of the most important issues. Contributors to this exhaustive four-volume set include human resource consultants, employers, scholars, management consultants, and therapists, offering proven workable solutions to assist employers in managing diversity in the 21st-century workforce. The books cover topics such as diverse succession planning, formal mentoring programs, discrimination in religious organizations, transgender female workers, flexible work schedules, generational cohorts, and paid leave policy. This set will provide a lay professional reader with a thorough understanding of managing diversity in the modern workplace, and serve as an essential resource for employers, labor attorneys, and human resource specialists.

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primary care physicians, oncologists, physical therapy and rehabilitation specialists, and all medical professionals who treat cancer patients.

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blue cross blue shield wellness program gym membership: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

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blue cross blue shield wellness program gym membership: Physical Activity and Public Health Practice Barbara E. Ainsworth, Caroline A. Macera, 2012-02-22 Physical activity remains a critical area of research as we consider cost-effective measures for lowering the chronic disease epidemic worldwide. In our increasingly automated society, many adults and children are not active at health-enhancing levels. In Physical Activity and Public Health Practice, a panel of respected researchers summarizes essential topics in physical activity and community health and guides public health practitioners and researchers in understanding the positive impact that physical activity has on a host of disease states. Focusing on the benefits of physical activity across the human lifespan with emphasis on primary and secondary prevention of chronic diseases and conditions, the book examines: Historical insights into physical activity and health Public health philosophy and approaches to understanding health concerns Application of public health strategies to increase physical activity in youth, adults, and older adults Known and effective policy and environmental approaches applied to various settings, including schools, worksites, and the community The role of physical activity on growth and development and in relation to obesity Methods for measuring physical fitness and applying U.S. Physical Activity Guidelines for exercise prescriptions How to promote physical activity among hard-to-reach populations A goal of all physical activity health promotion advocates is to increase the opportunity for citizens to live active, healthy lives. Understanding the immense role physical activity plays in human health is critical to shaping programs and policies that will benefit the population. This volume catalogs the latest research and provides a window into future possibilities for creating healthier communities.

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Developing and promoting quality physical education is part inspiration, part tool kit, and part textbook. A wealth of examples of assessments, lesson plans, curricula, and more to use as advocacy tools. Plenty of ready-to-use worksheets, handouts, reproducibles, and key links.

blue cross blue shield wellness program gym membership: The Food Medic Hazel

Wallace, 2017-05-04 Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. 'I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and at a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the most natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.' Hazel x

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2020 Update Asian Development Bank, 2020-09-01 Developing Asia has suffered as the COVID-19 pandemic persists. Growth, trade, and tourism collapsed in 2020, leading to the region's first economic contraction in nearly 6 decades. Governments across Asia acted quickly to contain the virus and its economic effects, and signs of bottoming out have now appeared. Inflation remains benign, constrained by depressed demand and declining food prices. A prolonged pandemic is the primary downside risk to the outlook. Persistent or renewed outbreaks and a return to stringent containment could possibly derail the recovery and trigger financial turmoil. Recovery depends on measures to address the health crisis and on continued policy support. The pandemic has highlighted the importance of wellness, both physical and mental. Wellness—the pursuit of holistic health and well-being—is a component of the UN's Sustainable Development Goals. This report evaluates the state of wellness in Asia, documents how the wellness economy is a large and growing part of the region's economy, and discusses how policy makers can promote wellness by creating healthy living environments, encouraging physical activity and healthy diets, and enhancing workplace wellness.

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blue cross blue shield wellness program gym membership: No Sweat Michelle Segar,

2015-06-10 Do you secretly hate exercising? Struggle to stick with a program? Millions of people try and fail to stay fit. But what if exercising is the real problem, not you? Motivation scientist and behavior expert Michelle Segar? translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical

activity. In *No Sweat*, Segar will help you find: A step-by-step program for staying encouraged to exercise
Pleasure in physical activity
Realistic ways to fit fitness into your life
The success of the clients Segar has coached testifies to the power of her program. Their stories punctuate the book, entertaining and emboldening you to break the cycle of exercise failure once and for all. Practical, proven, and loaded with inspiring stories, *No Sweat* makes getting fit easier--and more fun--than you ever imagined. Get ready to embrace an active lifestyle that you'll love!

blue cross blue shield wellness program gym membership: Unwinding Anxiety Judson Brewer, 2021-03-09 New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

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blue cross blue shield wellness program gym membership: *Undo It!* Dean Ornish, M.D., Anne Ornish, 2022-01-04 NATIONAL BESTSELLER • By the pioneer of lifestyle medicine, a simple, scientifically program proven to often reverse the progression of the most common and costly chronic diseases and even begin reversing aging at a cellular level! Long rated “#1 for Heart Health” by U.S. News & World Report, Dr. Ornish’s Program is now covered by Medicare when offered virtually at home. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse—undo!—the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish’s lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater adherence than have ever been reported—based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They describe what it is, why it works, and how you can do it: • Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The “Ornish diet” has been rated “#1 for Heart Health” by U.S. News & World Report for eleven years since 2011. • Move more: moderate exercise such as walking • Stress less: including meditation and gentle yoga practices • Love more: how love and intimacy transform loneliness into healing With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits—for example, several people improved so much after only nine weeks they were able to avoid a heart transplant—*Undo It!* empowers readers with new hope and new choices. Praise for *Undo It!* “The Ornishes’ work is elegant and simple and deserving of a Nobel Prize, since it can change the world!”—Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States “If you want to see what medicine will be like ten years from now, read this book today.”—Rita F.

Redberg, M.D., editor in chief, JAMA Internal Medicine “This is one of the most important books on health ever written.”—John Mackey, CEO, Whole Foods Market

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blue cross blue shield wellness program gym membership: Secrets of Successful Program Design Alwyn Cosgrove, Craig Rasmussen, 2020-08-03 Your success as a fitness professional depends on your ability to reliably deliver results to clients. In *Secrets of Successful Program Design: A How-To Guide for Busy Fitness Professionals*, noted fitness and program design expert Alwyn Cosgrove and his director of programming, Craig Rasmussen, share Alwyn’s proven system for creating programs that take clients from where they are to where they want to be. You’ll learn how to properly assess a client and design the most effective program based on their individual goal—whether that is fat loss, muscle and strength building, or improved overall conditioning. You’ll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. This guide to building training programs is supplemented with a selection of predesigned workouts that will draw on your skills for progressing and regressing exercises, saving you valuable time and energy while still allowing you to produce a personalized experience for your client. A reliable system-based approach to program design that consistently delivers results to every client—regardless of demographic profile, ability, or goals—will set your training business up for success in the incredibly competitive fitness market. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

blue cross blue shield wellness program gym membership: Congressional Record United States. Congress, 2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

blue cross blue shield wellness program gym membership: Dr. Dean Ornish's Program for Reversing Heart Disease Dean Ornish, M.D., 2010-09-22 The Ornish Diet has been named the “#1 best diet for heart disease” by U.S. News & World Report for seven consecutive years! Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; they learned how to lower high blood pressure; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced. In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

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