

**Hancock County Health Department Fitness Center**  
**671 Wabash Avenue Carthage, IL 62321**  
**(217) 357-2171 ext 119**

**Information Sheet for Patients**

**Our goal is to help people who want to improve their health and the management of chronic diseases (diabetes, arthritis, hypertension, obesity, etc.) through regular exercise.**

**Requirements:**

- 1) You must be referred by your healthcare provider.
- 2) You must be over age 60 or you must meet these income requirements:

<u>Household size</u>	<u>Annual Income</u>
1	\$20,036
2	26,955
3	33,874
4	40,793
5	47,712
6	54,631
7	61,550
8	68,469

- 3) You must sign a Waiver and Release of Liability agreement.

**Hours:**

Please call Maureen at (217) 357-2171 ext. 119 to make an appointment for your first visit.

Clients may exercise 8am-4pm Mondays through Fridays, except federal holidays.

**Facility and Equipment:**

Located in the Hancock County Health Department, the Fitness Center has a separate entrance, foam flooring, and commercial grade exercise equipment.

The maximum user weight on most of our machines is 500 lbs.

We have two True Treadmills, a Schwinn Airdyne upright exercise bike with arm levers, a Cybex recumbent bike, a Cybex Arc Trainer, a NuStep T5 recumbent cross trainer (ADA compliant, suitable for any user) and two hydraulic machines that work abdominal/low back muscles and legs. We also have videos (Chair Yoga, Chair Dancing, Strength Training) and 2 lb. hand weights available.

A television/dvd player and stereo are available for client use while exercising.

**We are grateful for the generous support of the Community Foundation of the Quincy Area, Blue Cross/Blue Shield of Illinois, and the Keokuk Area Community Foundation.**

**Come to the Fitness Center, exercise, be healthier, and feel better!**