

# Vanderbilt Dayani Health & Wellness Center

**The Vanderbilt Dayani Health & Wellness Center Core Purpose:** To educate and empower the individuals we serve to possess the skills and knowledge needed to promote and achieve optimal health

**The Vanderbilt Dayani Health & Wellness Center Vision of Customer Service:** We strive to serve our customers to their complete satisfaction. Our goal is to be team-focused, flexible, creative and responsive in meeting and exceeding the needs and expectations of those we serve.

<b><u>HOURS:</u></b>	Monday - Friday	5:30 a.m. - 8:30 p.m.
	Saturday	8:00 a.m. - 5:00 p.m.
	Sunday	Closed

The front doors will be locked 30 minutes before closing.  
The pool closes one hour before the building closes. Please plan ahead in order to complete your exercise and locker room activities.

**PARKING:** The metered lot directly behind the Center is available. Do NOT park in KFC or Mapco lot.

**Vanderbilt staff/faculty members** should use their regular campus parking. However, Dayani parking may be purchased.

**Community, Senior, and Vanderbilt spouse members** are entitled to 3 hours parking in the metered lot. A parking permit is needed.

**CHECK-IN:**

1. Give your membership number to the front desk.
2. Pick up a towel, if desired.
3. Lock your items in the locker rooms. Items should not be left overnight.

## **TEMPORARY FREEZE or PERMANENT RESIGNATION**

Thirty days prior to when you wish to resign, complete a **RESIGNATION** form at the front desk and turn in your membership card. Indicate if this is a temporary freeze, available in one month increments & only up to six months, or permanent. You may also fax or mail your resignation directly to the Vanderbilt Dayani Health & Wellness Center at 1500 Medical Center Drive, Nashville, TN 37232 or fax to (615) 343-7671. Please confirm receipt of any document you do not personally hand to us.



Vanderbilt Dayani Center  
Health and Wellness

# Member Steps to Wellness

Welcome to the Vanderbilt Dayani Health & Wellness Center!

During your membership at the Dayani Center, you will have access to exercise specialists, monthly education classes, exercise training sessions, and more.

## **Step 1: Member Orientation & Health/Fitness Screening**

This required first step for members can be scheduled with the front desk staff at the Vanderbilt Dayani Health & Wellness Center (322-4751) and typically takes about 45-minutes. You will meet with the membership coordinator to discuss what all membership entails.

What to Expect:

- Center tour
- Goal setting
- Health and medical history review
- Membership guideline issuance
- Membership number assignment
- Request for enrollment fee payment

## **Step 2: The Fitness Evaluation and Orientation**

The second step is an encouraging one-hour fitness evaluation, called a clinical personal training (CPT) session, with one of our exercise specialists. During this visit, an exercise program is set up to help you get the most out of your time at the center. This session may also include any of the following: height, weight, body composition; blood pressure and pulse; strength and flexibility tests. Please wear loose fitting, comfortable clothes and athletic shoes.

### **Important Note:**

If your primary care provider (PCP) requires a treadmill stress test before you can begin an exercise program at the Dayani center, you will not be allowed to exercise at Dayani until you have completed this. While you are committed to membership the day you “sign up”, your billing and use of the EXERCISE facility will be “frozen” until your initial stress test is scheduled. (Other membership services are available to you without medical clearance.) If you cancel or reschedule your stress test, your membership billing payments will reactivate at the time of your initial scheduled test.



Vanderbilt Dayani Center

Health and Wellness

## Additional Steps to Wellness

Continuing your health and wellness commitment and reaching your goals are important. The programs that follow are designed to assist you.

**Incentive Programs (free)**- Throughout the year members can earn prizes for completing specified health and wellness steps.

**Monthly Education (free)** – Each month a talk may be offered with a health or exercise specialist. Topics may include healthy aging, sports training, alternative medicine, and more! These are typically during the lunch hour.

**Focus Fridays (free)** – Want to have your cholesterol, bone density, or flexibility tested? Look out for Focus Fridays! Each month we plan to have a different way for you to measure your health. Sign up on the sign-up station!

**JumpStart** – A 6-week exercise motivation workshop. Topics include the following: making exercise a habit, enjoying exercise, and long-term motivation. (Additional cost)

**Nutrition Counseling**– Consultations are available to help you improve your nutrition, prevent and/or manage disease states. (Additional cost)  
Healthy cooking classes are also offered during the year. (Additional cost)

**Stress Management Workshops and Classes** – One session classes and 4-week workshops are offered during each year. Topics include the following: relaxation techniques, stress identification thought patterns, lifestyle strategies, and problem-solving stressful situations. (Additional cost)

**Weight Management Workshops** – This 18-week workshop is designed to help you make long-term lifestyle changes to assist with weight loss. Topics include nutrition, exercise, and behavior modification techniques. (Additional cost)

**Personal Training** – To help you continue updating your exercise program and to encourage you, we offer Personal Fitness Training that can be purchased as individual sessions or packages. (Additional cost)

**Massage Therapy** – For injury prevention, overall health, and stress and pain relief, we offer massage therapy services. Brochures are available with details. (Additional cost)

If you have questions on any of these services, you may reach us at (615) 322-4751. We look forward to helping you to reach your goals!



Vanderbilt Dayani Center

Health and Wellness

# Vanderbilt Dayani Health & Wellness Center

## Intake Form

### I. Basic Information

Interviewer: \_\_\_\_\_  
Referred by: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_  
(First) (MI) (Last)

MR #: \_\_\_\_\_ Member Number: # \_\_\_\_\_

Member Type: VUMC Employee Community Senior (>65) Corporate  
Size of Membership Account: Individual Couple Family

### Physician Information

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: ( ) - \_\_\_\_\_

Fax: ( ) - \_\_\_\_\_

### II. Medical & Exercise History

1. What are your health & fitness goals?
2. What type of exercise have you previously enjoyed? What is your favorite type of physical activity?
3. Are you currently exercising? If yes, how frequently?
4. Do you use tobacco? Yes / No
5. Do you drink alcohol? Yes / No (Type & amount \_\_\_\_\_)
6. Are you currently following a special diet? Yes / No \_\_\_\_\_
7. Is stress a concern to you at this time? Yes / No \_\_\_\_\_

### III. Physical Activity Readiness Questionnaire (PAR-Q)

- Yes/No 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Yes/No 2. Do you feel pain in your chest when you do physical activity?
- Yes/No 3. In the past month, have you had chest pain when you were not doing physical activity?
- Yes/No 4. Do you lose your balance because of dizziness or do you ever lose consciousness?

- Yes/No 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Yes/No 6. Is your doctor currently prescribing drugs for your blood pressure or heart conditions?
- Yes/No 7. Do you know of any other reason why you should not do physical activity?

#### IV. Muscular Tests

Do you have bone, joint, or muscular problems that would prevent you from lifting weights and/or stretching to the best of your ability?

- Ankle (Yes / No)
- Back Upper/Lower (Yes / No)
- Elbow (Yes / No)
- Knee (Yes / No)
- Hip (Yes / No)
- Neck (Yes / No)
- Shoulder (Yes / No)
- Other: \_\_\_\_\_

Do you have a bone or joint problem that could be made worse by a normally administered test? Please circle any that apply.

- Sit-up Test: Maximum number of full sit-ups you can do in one minute
- Sit & Reach Test: Reaching as far forward as you can toward your feet with your legs straight
- Bench Press Test: Maximum amount of weight you can lift while lying on your back
- Leg Press Test: Maximum amount of weight you can press while sitting

#### V. Medical History

Which of the following conditions are common in your immediate FAMILY?

- |  |   |
|--|---|
| <input type="checkbox"/> Arthritis     | <input type="checkbox"/> High triglycerides     |
| <input type="checkbox"/> Cancer        | <input type="checkbox"/> High blood pressure    |
| <input type="checkbox"/> Diabetes      | <input type="checkbox"/> Mental/emotion illness |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> High cholesterol       |

Do YOU currently, or have you ever had, any of the following health conditions?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Arrhythmia          | <input type="checkbox"/> Diabetes           | <input type="checkbox"/> High blood pressure      |
| <input type="checkbox"/> Arthritis           | <input type="checkbox"/> Emphysema          | <input type="checkbox"/> Orthopedic problems      |
| <input type="checkbox"/> Asthma              | <input type="checkbox"/> Heart attack       | <input type="checkbox"/> Pregnancy                |
| <input type="checkbox"/> Chronic bronchitis  | <input type="checkbox"/> Heart surgery      | <input type="checkbox"/> Mental/emotional illness |
| <input type="checkbox"/> Cancer              | <input type="checkbox"/> High cholesterol   | <input type="checkbox"/> Rheumatic fever          |
| <input type="checkbox"/> Body Mass Index >30 | <input type="checkbox"/> High triglycerides | <input type="checkbox"/> Stroke                   |

Please list any prescribed medications that you currently use.

---



---



---

