

Wellness Service Offerings

Supervised Training

Working with an exercise physiologist, supervised training helps with weight management, risk intervention, pre- and post-rehabilitation, as well as improved fitness, health and well-being.

Physical Assessment

\$75

This initial visit prior to beginning supervised training includes a review of the client's past medical and family history; a health and lifestyle screening and risk analysis; cardiovascular measurements (including blood pressure, heart rate and blood oxygen saturation levels); body composition measurements (including body mass index, body fat percentage, waist circumference and waist to hip ratio); cardiovascular fitness test; and development of an individualized exercise prescription.

Bundled Training Packages

One-time payment

Package of 4 sessions (\$30/session) \$120

Package of 8 sessions (\$25/session) \$200

Monthly drafts

2 sessions per week (\$18.75/session) \$150/month

3 sessions per week (\$18.75/session) \$225/month

Nutrition

Nutrition Assessment

\$75

Working one-on-one with a registered dietitian nutritionist, this initial visit includes a review of client's past medical history, an evaluation of current dietary and lifestyle habits, counseling and education as applicable on specialized nutrition therapies, and development of healthy nutrition goals and individualized meal plans. This visit lasts approximately one hour.

Nutrition Consult

\$50

Following the initial visit, a subsequent visit involves evaluation of the client's progress with nutritional goals (identifying successes and barriers), further modification of individualized diet plan and menus, new client-centered goal setting, and additional nutritional educations. This visit lasts approximately 30 minutes.

Nutrition Package

\$200

4 sessions: 1 assessment and 3 consults

MedFit12

This 12-week comprehensive lifestyle program combines supervised training and nutrition to address whole body health. Outcomes include improved health and fitness; reduced body weight; decreased blood pressure, cholesterol and blood glucose; and reduced risk of heart disease and diabetes.

The program is comprised of a personal assessment followed by twice-weekly supervised training sessions with our exercise physiologist (for a total of 24 training sessions), along with an initial nutrition assessment and subsequent once-weekly nutrition consults with our registered dietitian nutritionist (for a total of 12 nutrition sessions).

Standard Program

\$950

Monthly Draft

\$317/month

Palmetto Health USC
ORTHOPEDIC CENTER

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