



The MOG Team

Knoxville Hospital & Clinics (KHC) and 21st Century Rehab have partnered to bring this advanced level of care to the community. MOG staff members provide safe, customized, and supervised exercise programs. Our team includes physical therapists, certified athletic trainers, and physical therapy assistants.

Our team is closely integrated with KHC's healthcare system, which means we have access to a wide range of other healthcare services and medical providers. This relationship enables us to access KHC's patient health records, speak with local primary care providers, and seek and make referrals, when warranted.

Learn More

Wondering if the MOG is right for you? To learn more, give us a call at (641) 842-1464 or stop by during weekday business hours and we would be glad to provide a tour of the facility.



An Affiliate of **MERCYONE**

Attn: 21st Century Rehab
Knoxville Hospital & Clinics
 1002 S. Lincoln St.
 Knoxville, IA 50138
knoxvillehospital.org
 (641) 842-1464

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21st Century Rehab
Medically Oriented Gym

*The Fitness Gym
 that Fits You*

Medically Oriented Gym

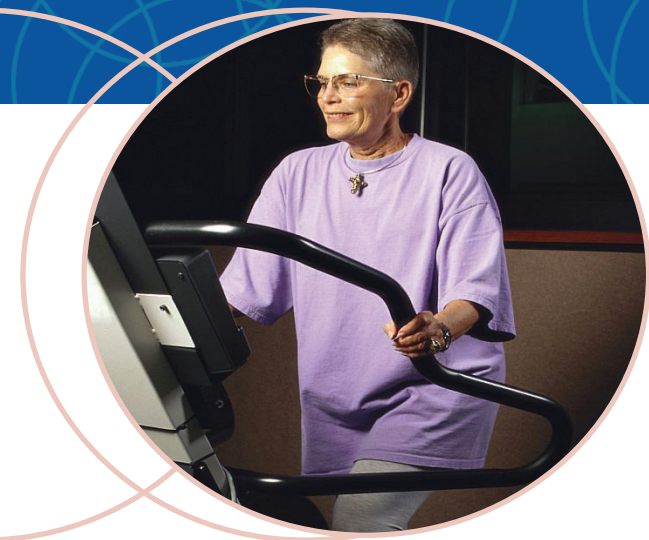
21st Century Rehab's Medically Oriented Gym (affectionately known as "the MOG") is revolutionizing the way people improve and maintain their health.

While traditional fitness clubs and gyms are great for working out on your own, the MOG offers you professional guidance, based on scientific research – it bridges the gap between medicine and physical fitness. In fact, many of our members started as physical therapy patients and transitioned to the MOG once their therapy sessions ended.

The MOG is staffed by physical therapists, physical therapist assistants, and certified athletic trainers who work closely with your doctor and other healthcare providers to help you achieve and maintain an exceptional quality of life by focusing on all aspects of your health.

The MOG Vision

Our primary goal is to decrease dependency on medicine, adopt exercise as a lifestyle, and reduce the impacts of chronic disease. Throughout your membership, our team will work with you to ensure you are making progress toward your goals.



MOG Membership Services

Members of the MOG regularly meet with specially trained staff to ensure progress toward goals. Membership also includes:

- A comprehensive initial assessment, including a health review and body mass index evaluation.
- Re-assessment every 90 days.
- Blood pressure check before and after each session; and tracking throughout membership.
- A personalized workout plan. Your exercise program will be designed to help achieve your goals. It will take into consideration your health history, any medical conditions, muscular strength, exercise experience, and personal safety.
- Personalized training and coaching.
- Access to state-of-the-art exercise equipment.
- On-site medically trained staff to check vitals, answer questions, and facilitate safe member participation.

Who Can Join?

The MOG offers services to healthy people, as well as to individuals with Parkinson's Disease, cardiovascular conditions, high blood pressure, diabetes, a desire to shed a few pounds, arthritis, knee pain, and more. Nothing is more important than good health.

Can I join the MOG without a medical referral?

Absolutely. No medical referral is necessary.

However, if you are just starting an exercise program, we recommend that you speak to your doctor first.

Membership Rates

- **New Members:** 30-day FREE trial period.
- **Continued Membership:** \$50 for individuals; or \$90 for one person and a spouse/partner, who can share in the savings.