

# Launch

## Get Ready to Take Off on Your Fitness Journey



### What is Launch?

Launch is designed to help you get started with exercise in a safe and practical way. In three 30-minute visits, your exercise specialist will guide you through basic fitness tests, set goals, and show you how to reach them safely and effectively. You'll also learn proper form and how to create an exercise routine customized to your needs.

### Who benefits from Launch?

People at all fitness levels benefit from Launch. Whether you haven't exercised in a while, want to get more out of your membership, or are looking to start using your home gym again, Launch helps you understand your current fitness level so your exercise plan can be tailored to meet your health goals.

## WHAT TO EXPECT FROM YOUR VISITS



### Visit 1 | Getting Prepared

During your first visit, you'll discuss your medical history, current or past exercise habits, and health goals. This session includes baseline measurements such as blood pressure, body fat and muscle mass, and grip strength.



### Visit 2 | Getting Started

During your second visit, you'll learn about your target heart rate, how long to stay in your target zone, and strategies to get your heart rate up. Your upper and lower body muscular strength will also be assessed.



### Visit 3 | Building Routine

During your third visit, you'll review your cardiovascular goals, including target heart rate zone, duration, and frequency. Your exercise specialist will also cover your resistance training plan, including how much weight to use, how many reps and sets, and proper form. By the end of this visit, you'll have the skills needed to build a safe and effective exercise routine for your specific needs and goals.



**Talk to your Lifestyle Medicine provider to sign-up today!**

**Lifestyle Medicine Center**  
UW Medicine | VALLEY MEDICAL CENTER

POWERED BY  **PINNACLE**  
MEDICAL WELLNESS

**WE ARE** valley