

Operating since 1989, **PHYSICAL INTELLIGENCE INC.**, has experienced great success working closely with Family Doctors and Therapists in Fairfield County. Our personalized fitness programs have been extremely successful in the improvement of our clients' general health and life quality.

*"Of all the measures that can be taken to prevent illness and disease, exercise is, by far, the most worthwhile," says Robert Sallis, M.D., Chair of the Exercise is Medicine Task Force. "Whether you're sick or healthy, young or old, fit or not, exercise makes you feel better-almost immediately! The trick is to sustain a fitness regimen. Help is out there. Support is available."*

Research proves that exercise has a role in the treatment and prevention of more than 40 chronic diseases including diabetes, heart disease, obesity and hypertension.

Given the wealth of research supporting the benefits of exercise, it's vital that exercise be at the forefront of every discussion on disease prevention, health, and wellness.

**PHYSICAL INTELLIGENCE INC.,  
CAN HELP!**



*"I have been sending patients to Physical Intelligence Center for about eight years now. Dr. Vadim Mejerson and his staff have effectively treated patients with diverse problems such as injuries, obesity, chronic fatigue, Fybromyalgia, and arthritic disorders. Physical Intelligence Center staff is consistently knowledgeable, highly competent, and dedicated to the well-being of its clients. The Weston-Westport community is fortunate to have such a valuable resource at its midst."*  
-Warren Steinberg, M.D., Westport.

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# Exercise is Medicine



### PHYSICAL INTELLIGENCE INC. PROGRESS REPORT

PATIENT	Week 1	Week 6	Week 12
Date			
Attendance %			
Weight (lb)			
Resting HR			
Max Working HR			
Body Fat %			
Lean Body Mass			

# Exercise is Medicine

What if you could offer your patients one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? **Would you prescribe it to your patients? Certainly.**

*There is: **Exercise!*** -The American College of Sports Medicine



The American College of Sports Medicine (ACSM) and the American Medical Association (AMA) share the following guiding principles of 'Exercise is Medicine':

- Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases.
- More should be done to address physical activity and exercise in healthcare settings.
- ACSM and AMA are making efforts to bring a greater focus on physical activity and exercise in healthcare settings.

**We urge you to make exercise consultation an integral part of your interaction with every patient at every visit.**

**Collaboration with PHYSICAL INTELLIGENCE INC., will provide Physicians with:**

**A. Wellness/Fitness Assessment including:**

- ✓ Cardiovascular Capacity
- ✓ Muscular/Strength Endurance
- ✓ Range of Motion Analysis
- ✓ Posture Analysis
- ✓ Anthropometrical Measurements
- ✓ Body Composition Analysis

**B. Quarterly Progress Reports:**

Body Composition, Weight, Heart Rate, Blood Pressure, and Conditioning Progress.

**Patients will benefit from:**

- ✓ Wellness/Fitness Assessment
- ✓ Multi-disciplinary Programming
- ✓ Physical and Mental Conditioning
- ✓ Injury Rehabilitation
- ✓ Nutritional Counseling
- ✓ Private, Exclusive Location
- ✓ State of the Art Equipment

**PHYSICAL INTELLIGENCE INC.**, fitness/wellness professionals with the highest level of education and experience.



**Vadim Mejerson, Ph.D.**  
Exercise Physiology & Health Science.



**Jason Martin, MS, CAS**  
Educational Psychologist,  
Professional Athlete,  
Fitness Trainer.



**Patricia Donnelly, Ph.D.**  
Sports Psychology,  
Mental Conditioning.

**We specialize in: Human Performance, Weight Training, Pilates Method, Sport Specific Training, Yoga, Martial Arts, Cardiovascular Conditioning, Nutrition, Weight Management, Injury Rehabilitation and Stress, Depression and Anxiety Management.**