



ORIENTATION: 10 AM – 12 PM

DATE: MAY 13, 2017

LOCATION: 1717 Kamehameha Ave., Hilo

REGISTER: Contact Grif Frost
office@hilohealth.coop
808-315-7420

Name _____

MEDICAL STUDY #4

- ❖ Developing evidence-based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality)
- ❖ 36 SMART exercise classes required, 12 weeks (3x per week)



ORIENTATION: 10 AM – 12 PM

DATE: MAY 13, 2017

LOCATION: 1717 Kamehameha Ave., Hilo

REGISTER: Contact Grif Frost
office@hilohealth.coop
808-315-7420

Name _____

MEDICAL STUDY #4

- ❖ Developing evidence-based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality)
- ❖ 36 SMART exercise classes required, 12 weeks (3x per week)



Fourth Medical Study of Cooperative Exercise (M4)

Where: [Hilo Health Cooperative](#)

1717 Kamehameha Avenue, Hilo HI 96720

When: Orientation 10AM-12 noon, May 13, 2017

What: 36 SMART exercise classes required, 12 weeks (3X per week)

Why: Developing evidence based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality).

How: To register for M4: email office@hilohealth.coop

Proven Results

77% of M1 study participants completed all 36 exercise classes

On average, M1 study participants got 8 years younger

M4 participants medically measurable benefits included body fat reduction, muscle tone improvement, improved joint mobility, and coordination, and improved LQ (Life Quality).

Who may participate

- Age: the majority of the participants fall between the ages of 40-65 years old, although we have had participants as young as 17 and as old as 79.
- Fitness Level: we welcome all people, but prefer people who are able to walk 400 meters in under 4 minutes. We have Beginner, Intermediate and Advanced level classes available. We also have high intensity classes (CORE) and low intensity classes (MQ-Medical QiGong).
- Commitment: we are looking for people who are committed to help themselves improve their health by showing up for all 36 class sessions.
- Health Co-op Member: If you are a current member, you can sign up for the M4 as part of your regular membership.

Study Cost



Optimum Health Assessment before/after the study: \$50 payable at first assessment/\$50 payable at second assessment.

The assessment measures 45 different medical metrics, and determines the right cooperative exercise program for you. 30 minutes. Come prepared for a 400 meter walk/run on beautiful Banyan Drive.



Cooperative Exercise Classes: \$95 per month. Payable monthly.

You may choose to participate in any of the high intensity or low intensity classes. Over 30 classes offered per week, 7 days per week. 6AM-6:30PM



Optional Program WholeLifeChallenge.com \$25 one time fee (8 week program within the 12 week M4 program)

An online optional program, which we play as a team. WLC offers three different levels of nutrition programs, weekly lifestyle activities in a fun, online game format with lots of support from your team mates and many resources to help you learn more about how to improve your health.



Extra Medical Metrics Assessments: \$25 one time fee for before/after measurements during assessment. Payable at first assessment.

Cholesterol analysis, Blood pressure, Oxygenated blood analysis (SpO2).

About the Hilo Health Cooperative: the first not for profit consumer cooperative fitness center in the U.S.. This innovative model in preventive healthcare, is being developed with the support of the East Hawaii Independent Physicians Association.

Contact US:
Hilo Health Cooperative
1717 Kamehameha Ave, Hilo HI 96720
office@hilohealth.coop
facebook.com/HiloHealth
www.hilohealth.coop

