

## 12-Week Corporate Fitness Program

The Heuser Clinic provides an adult exercise and nutrition program designed for weight loss, health and fitness. We focus on the scientific principals of exercise and nutrition to help our clients lose weight, decrease body fat, increase muscle mass and improve cardiovascular endurance. There are no gimmicks, pills or promises; just an education on how your body works with food, exercise and self-discipline.

- The program begins by reaching out to employees through an overview meeting at the work place, scheduled at convenient times. We recommend starting with a group of ten employees in your corporate gym or the The Heuser Clinic.

- First, we focus on the science of nutrition. Dr. Louis Heuser visits the workplace three consecutive days to discuss proteins, carbohydrates and fat. Employees will learn practical solutions for dining out and smart choices to make when buying or preparing food.

- Next – a physical assessment determines a baseline. The Heuser Clinic tests for the five components of fitness:

1. Body composition - *blood pressure, heart rate, weight, height, waist, chest, hips and body fat*
2. Muscle strength - *push-ups*
3. Muscle endurance - *abdominal crunches*
4. Muscle flexibility - *sit and reach test*
5. Cardio endurance - *one-mile walk/run*

Dr. Heuser meets with employees to review their results, discuss medical and physical history and develop an individual plan for the 12-week program. The assessment may also include cholesterol and blood sugar levels.

- Finally the work begins. Employees spend one hour at the clinic three days a week. It's a group session with the hours determined by the employees and employer. Our staff works individually with the employees; we design the workout so there's no competition. Each one-hour session includes cardio endurance training with a heart rate monitor (provided by the clinic), building muscle in the core area, resistance training, flexibility and functional movements that mimic what you do everyday. The program is designed for two to three additional days a week to perform 30-60 minutes of cardio endurance training on your own.

- Six week assessment – The Heuser Clinic provides a “check-up” at the halfway point that includes a review of the nutrition information and a physical assessment.

- Twelve week review – An exit interview with Dr. Heuser will include developing an exercise plan for the year. Options include a maintenance program, gym membership at The Heuser Clinic or emailed workouts.

**The 12-Week Corporate Fitness Program lays the foundation to improve eating and exercise habits and offers support to make healthy life style changes.**

## The Heuser Clinic Corporate Program

### The 12-week program includes:

- **Three assessments at weeks one, six and twelve**
- **Medical assessment with Dr. Heuser at weeks one and twelve**
- **Three nutrition classes**
- **Group-training sessions with an instructor at The Heuser Clinic - three classes each week during the 12-week program**
- **Heart rate monitor**
- **Manual with nutrition and exercise support materials**



## The Heuser Clinic Staff

### Dr. Louis Heuser

Dr. Heuser is a general surgeon who practiced surgery for 25 years at Norton Hospital, spending 15 of those years as Chief of Surgery. He has also served as an Assistant Professor of Surgery at the University of Louisville. He



retired from surgery in 2002 to devote the remainder of his career preventing the diseases he treated. A Louisville native, Dr. Heuser is a graduate of Pleasure Ridge Park High School, University of Florida and University of Louisville Medical School. Dr. Heuser is married to Peggy, a nurse. The couple has two sons.

Improving public health is a passion for Dr. Heuser. In 2000 he began a non-profit program, The Louisville Youth Training Center to teach children how to eat and exercise. After significant success with children, The Heuser Clinic was created to focus on adults and corporate programs.

### Peggy Heuser, RN

Peggy is a Kentucky native and a graduate of Eastern Kentucky University and Spalding University Nursing Programs. Peggy spent her nursing career primarily in surgical nursing. She and Dr. Heuser have partnered in their careers for the past 18 years. Peggy is Chief Operating Officer of The Heuser Clinic and The Louisville Youth Training Center.

### Chris Thompson

Chris is a graduate of Ballard High School and the University of South Florida (Kinesiology). He obtained his Masters Degree in Exercise Physiology from the University of Louisville. He was a successful collegiate athlete and is certified by the National Strength and Conditioning Association as a strength and conditioning specialist and also holds a certification in USA weightlifting and sports performance coaching. Chris is the program director of the Heuser Clinic and teaches classes to both adults and children.