

The Impact of Attendance at a Medical Fitness Facility

Link to the full text article can be found at:

<https://els-jbs-prod-cdn.jbs.elsevierhealth.com/pb/assets/raw/Health%20Advance/journals/amepre/S0749379721003238.pdf>

19,300
Members

515,810
Non-members*

VS

*Winnipeg residents who did not attend a Medical Fitness Facility during the study period were compared to members



Members swipe in to access the facility



MEDICAL FITNESS FACILITY

START WALK

START RUN



The study group and control were matched on: age, multiple diseases, gender, income and year of study entry



Swipe data was linked to health administrative databases at the Manitoba Centre for Health Policy



- Average age = 47 years
- 52% male
48% female

Members had access to:

- annual health assessment
- group exercise classes
- fitness equipment
- certified fitness staff



MEMBER OUTCOMES:



Members lived longer



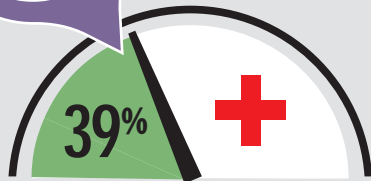
Members had fewer hospital stays

60%
LOWER
RISK OF DEATH

13%
LOWER
RISK OF HOSPITALIZATION

>3x
VISITS
PER WEEK

FINISH RUN
FINISH WALK



Lower Hospitalization Rate

Increased Attendance = Increased Health Benefits

Members who attended more than 3 times per week had a 39% lower risk of all-cause hospitalizations