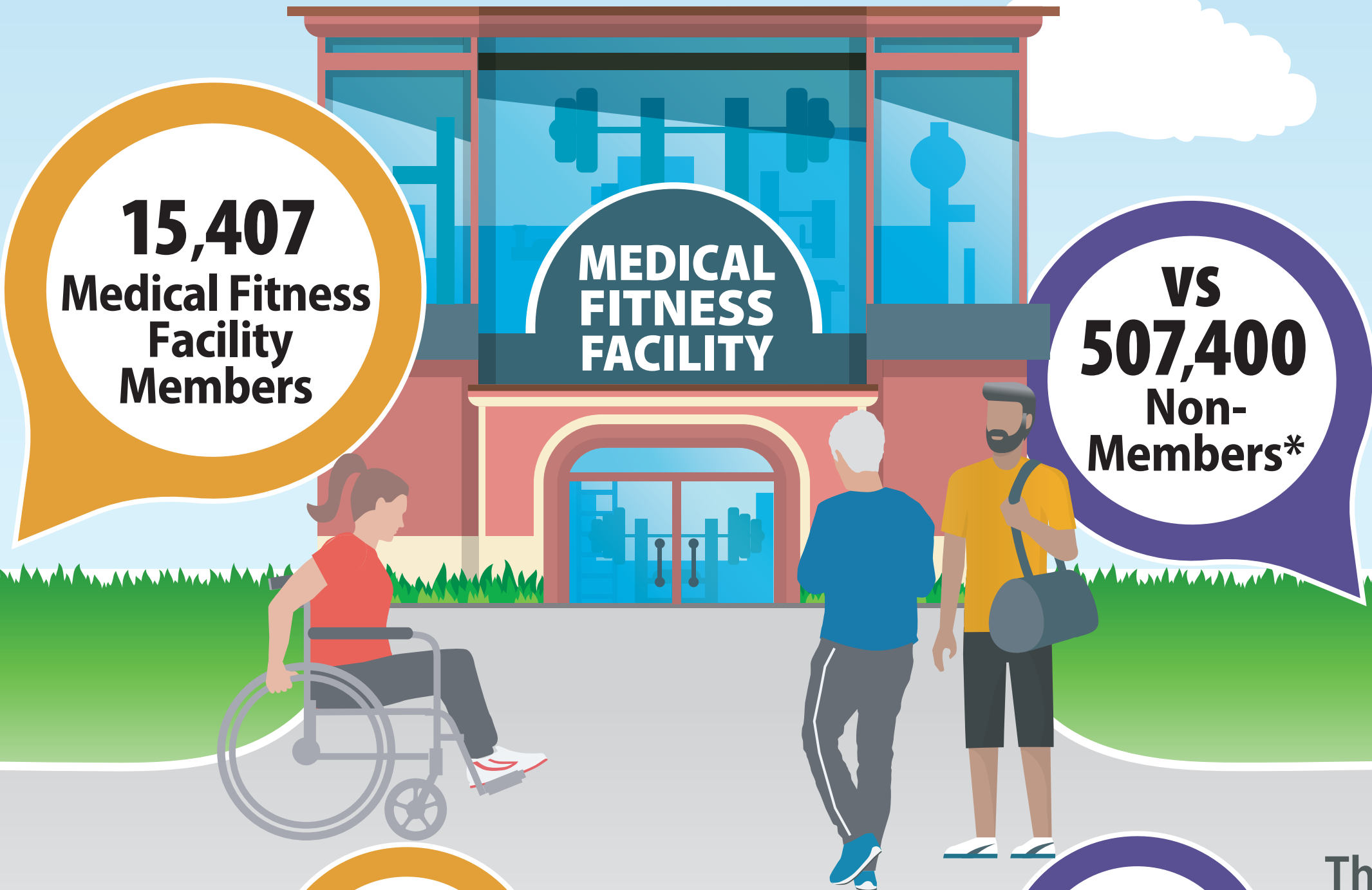


# The Association between Medical Fitness Facility Attendance and Incident Mental Disorders:

A Retrospective Cohort Study of 15,407 Members  
(Can. J. Public Health, 2024.)



The study group and control had no prior history of mental disorders\*



Average age = 46.1 years  
• 48.7% male  
• 51.3% female



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

\* including mood and anxiety disorders, substance use disorders, dementia, personality disorders, schizophrenia, and psychotic disorders

## MEMBERS HAD ACCESS TO:



Personalized health assessment and wellness plan  
Group exercise including classes adapted for mobility, health conditions  
Accessible exercise space and equipment

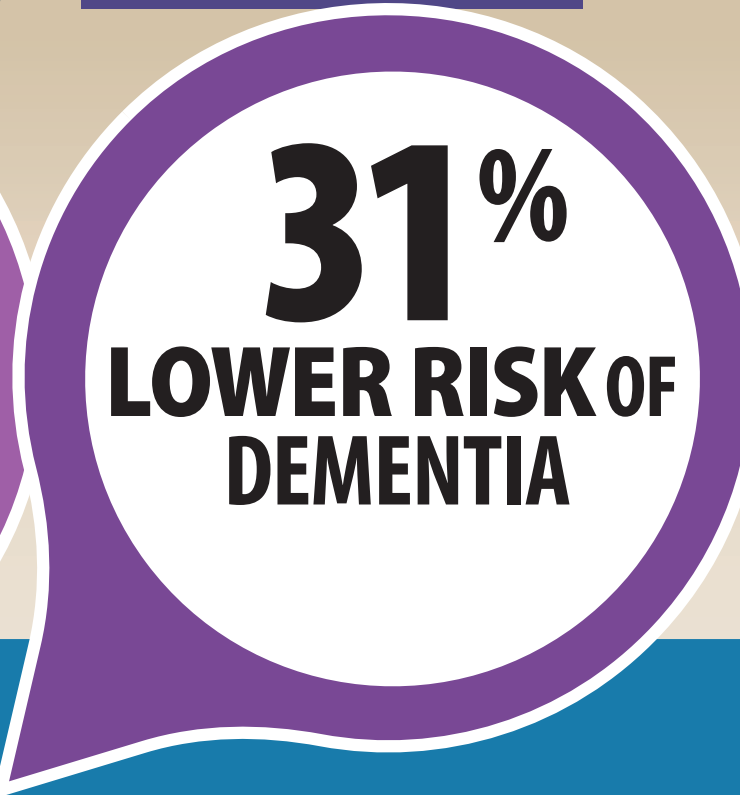
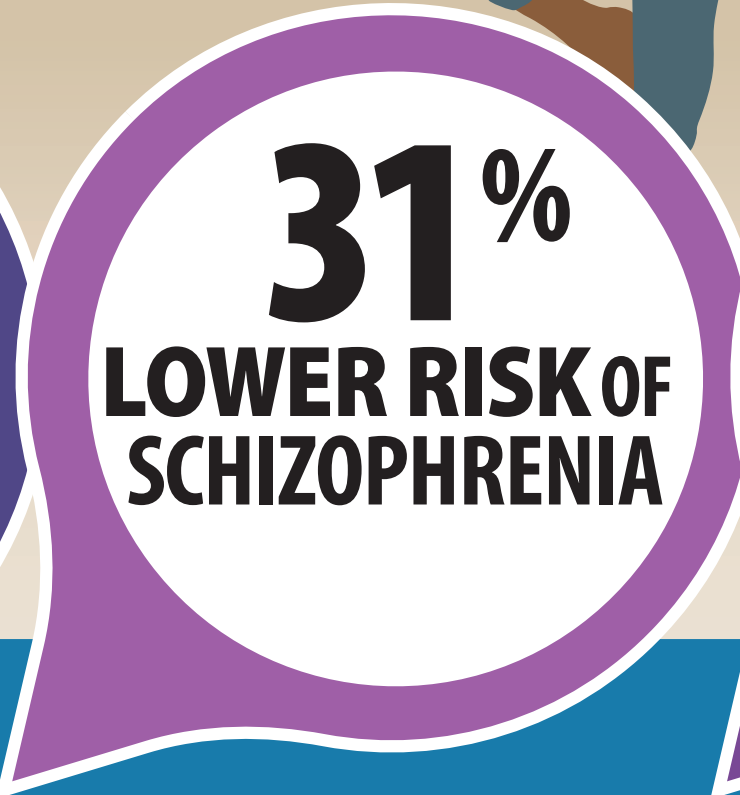
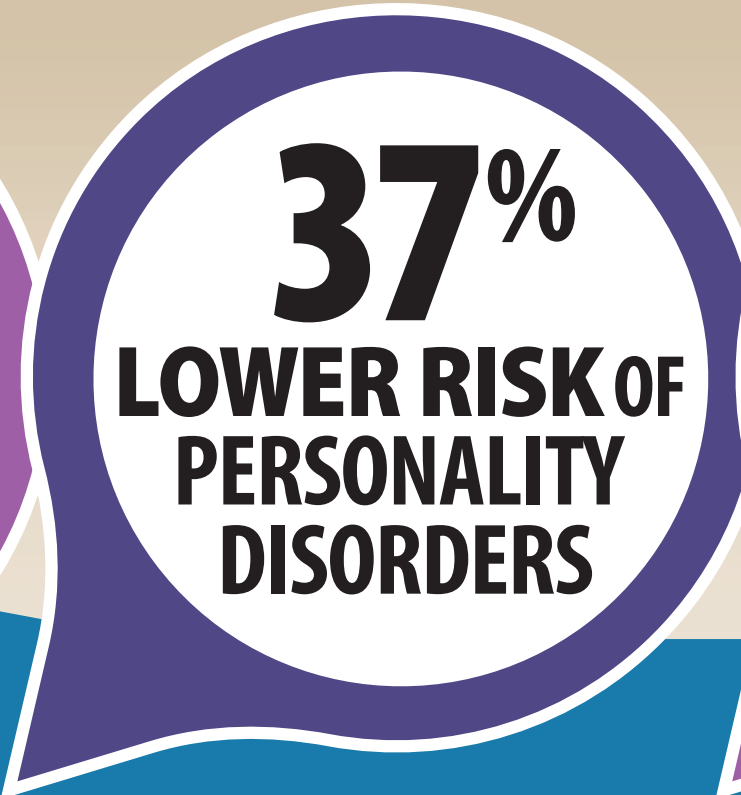
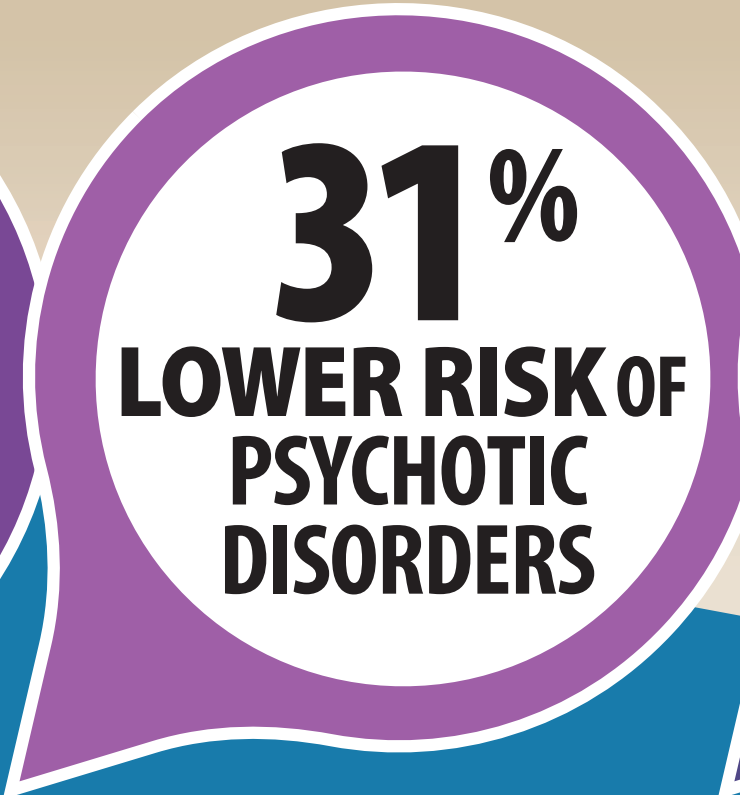


Guidance from degreed, certified professionals  
Healthy lifestyle coaching in areas including nutrition, sleep, stress management, smoking cessation and chronic disease management



Members swiped in to access the facilities

## MEMBER OUTCOMES



**ATTENDANCE AT A MEDICAL FITNESS FACILITY  
= LOWER RISK OF NEW MENTAL DISORDERS**