



Individualized Exercise Programming

The NeuroWell exercise program offers evidence based exercise programming for medical and neurological conditions in the state-of-the-art HealthPartners Neuroscience Center Rehab Gym.

The NeuroWell individualized exercise program focuses on using exercise to improve physical and cognitive performance, physical fitness, and overall wellness. All new participants will complete a baseline session with an exercise physiologist aimed at setting goals and assessing current level of physical fitness.

Benefits

Research has shown exercise to provide the following benefits:

- Increase strength
- Build endurance
- Gain flexibility
- Better performance
- Optimize body composition
- Improve energy levels
- Greater independence

Program Details

Any patient or community member with a neurological diagnosis can participate in the NeuroWell exercise program. Some diagnoses include:

- Stroke
- Parkinson's disease
- Spinal cord injury
- Multiple Sclerosis (MS)
- Medically complex
- Pain
- Spine
- Amputation
- Dementia
- Cancer

Location

HealthPartners Neuroscience Center - Rehab
295 Phalen Blvd Saint Paul, MN 55130

How do I start?

Please call **651-495-6704** or email **neurowell@healthpartners.com**



Visit myneurosciencecenter.com to view the full guidebook or scan the QR code to download.