



# Endocrinology & Metabolism Institute Exercise Program

## How do I begin exercising?

Your doctor will order an initial consult with an exercise physiologist, where your individualized exercise prescription is developed. This becomes your starting line for improving fitness levels leading to a healthier lifestyle.

## Learn how to understand your exercise prescription?

Then Endocrinology & Metabolism Institute exercise program is led and guided by exercise physiologists and physicians. Your health and risk profile is assessed and then you will receive a personalized exercise prescription.

## What if I have medical reasons to not exercise?

After a complete risk assessment, a referral for a stress test may be recommended to safely exercise. The stress test is not a pass or fail test, but it provides your physician and exercise physiologist with valuable information about your exercise level, heart rate, BP and EKG responses that will be used to create an exercise plan that is safe for you.

**For more information, call Paul Szabo at 216.296.7528 or email [szabop@ccf.org](mailto:szabop@ccf.org).**

## Appointments and Pricing

### Appointments

- An individual consultation will be scheduled in person or virtually to start your exercise journey
- In person visits take place at Cleveland Clinic Lyndhurst Campus, 1950 Richmond Rd., Lyndhurst, Ohio 44124
- Exercise visit times will vary and will be scheduled through MyChart
- MyChart Zoom exercise follow-ups are offered every 1-2 weeks to review exercise progression and goals
- You will be contacted via MyChart, phone or email

### Exercise Program Pricing:

#### Initial Consult (pick one)

- MyChart Zoom Virtual Visit  
30 min: \$35.00
- Lyndhurst Exercise Consult with Resting Metabolic Assessment  
60 min: \$50.00

### MyChart Zoom Exercise Follow-Up:

- Single Follow-up: \$8.00
- Five (5) Follow-ups: \$35.00
- Ten (10) Follow-ups: \$55.00