

## TriHealth Fitness & Health Pavilion Celebrates 25th Anniversary

Cincinnati, Ohio (January 18, 2022)-- The award-winning TriHealth Fitness & Health Pavilion is celebrating its 25th anniversary the week of January 17, 2022. Since 1997, "The Pavilion" has served millions of members and patients in the greater Cincinnati area.

The TriHealth Fitness & Health Pavilion has been a pioneer in offering medically based fitness and continues to set the standard for disease prevention, exercise, rehabilitation and health education. A national and local model for innovation and excellence, it is the nation's first certified medical fitness center and remains Cincinnati's only certified medical fitness center recognized by the Medical Fitness Association (MFA). Fitness centers certified by the MFA go through a rigorous certification process which involves an in-depth review of a facility and its adherence to the MFA's standards and guidelines.

The TriHealth Fitness & Health Pavilion's newest program is a medical exercise program called MedExRx. The program is designed to assist patients managing medical conditions, chronic disease, or returning from injury or illness. Patients create their own path to wellness; learning and experiencing healthy movement, nutrition, and stress relief facilitated by registered dietitians, licensed athletic trainers, and credentialed medical exercise specialists. Participants will also receive full access to the fitness center. Visit [TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion) for more details or call 513 246 2611.

"Putting patients in charge of their path has shown positive long-term results," said John Jacobs, Director, TriHealth Fitness & Health Pavilion. "Our team is excited to partner with each individual on their personalized journey."

The health and fitness center brings together a full range of medically sound equipment and programs as well as credentialed health and fitness professionals from TriHealth. Expert guidance from professional personnel, innovative health enhancement programs and the integration of medical, rehabilitative, holistic and fitness services all are delivered in a clean, service-oriented environment.

"25 years is an incredible accomplishment for our team," said Jacobs. "Without the support of our members, patients, and community, we would not be able to serve our mission. This is a celebration of each of you as we look forward to serving you the next 25 years and beyond. Thank you!"

