

# 2019 Facility of the Year

“Orland Park Health & Fitness Center is viewed as a **tremendous asset** by the Village of Orland Park, IL as it **serves roughly 3,900 members**. The 78,000 sq. ft. facility originally opened in 2001 and was first MFA certified in 2014 under the name “Palos Health & Fitness Center.” Although no longer owned by Palos Hospital, **the facility maintains a relationship with the Palos Health System that is stronger than ever**. This development of this relationship has led to **steady referrals from cardiac rehab, bariatrics, physical therapy, and pulmonary rehab**—all which are represented on the Center’s Medical Advisory Committee. These **referrals helped the facility grow its Next Steps Fitness Programs™ substantially** in the last few years, most notably with an increase from **125 participants in 2017 to 229 participants in 2018**. Unique to the facility are programs specifically designed for individuals with Parkinson’s disease and multiple sclerosis. Orland Park Health & Fitness Center is owned by the Village of Orland Park, IL and managed by Power Wellness. **The facility boasts a 24% attrition rate, the lowest of all Power Wellness centers.**”

**MEDICAL  
FITNESS**  
Association



# MFA Certification

## Criteria and Priorities for Facility of the Year Nominees

- Be a Medical Fitness Association Certified Facility
- Be recognized as an exceptional facility
- Contribute significantly and consistently to the advancement and/or recognition of the medical fitness industry
- Share openly their expertise with other facilities
- Serve as a role model for other facilities
- Any member of Medical Fitness Association may nominate another MFA certified facility for the award
- Facilities will be evaluated based upon membership statistics such as attrition rate, financial results (operating margins; ROE), clinical services integration, unique programs, participation in facility certification and community benefit

# MFA Certification

## Criteria and Priorities for Facility of the Year Nominees



Safety and emergency response, mock codes



Pre-activity health screening, process to identify at-risk individuals with appropriate referral to a qualified healthcare professional



Identifying and utilizing key findings to improve processes, outcomes, member experience



Clinical/fitness programs for persons with chronic medical conditions w/professional staffing, credentials



All Center programs/services/processes are effective and efficient with respect to the facility's mission

“The Distinguished Facility Awards are presented to those medical fitness facilities that **clearly serve as benchmarks** for the industry and whose results others can emulate.”

“**Orland Park Health and Fitness** has an average age of member in the 60's according to their team. The **engagement** of their team in delivering **services** and programs to members is very **cohesive** and **enthusiastic**. Their processes and procedures for operating the business are **exemplary**. Their Pulmonary track in the *Next Steps* program is **unique** and **suggested as a best practice**.”

- Quote from Examiner

