



## Legislation Details (With Text)

**File #:** 2019-0865    **Version:** 0    **Name:** Orland Park Health and Fitness Center Medical Fitness Association Award  
**Type:** MOTION    **Status:** PLACED ON FILE  
**File created:** 11/21/2019    **In control:** Board of Trustees  
**On agenda:** 12/2/2019    **Final action:** 12/2/2019  
**Title:** Orland Park Health and Fitness Center Medical Fitness Association Award  
**Code sections:**  
**Attachments:** 1. OPHFC power point

| Date       | Ver. | Action By         | Action              | Result |
|------------|------|-------------------|---------------------|--------|
| 12/2/2019  | 0    | Board of Trustees |                     |        |
| 11/21/2019 | 0    | Recreation        | INTRODUCED TO BOARD |        |

**Title**  
Orland Park Health and Fitness Center Medical Fitness Association Award

### History

The Medical Fitness Association has awarded the Orland Park Health and Fitness Center the 2019 MFA Certified Facility of the Year award. This award is presented to a Medical Fitness Association certified facility that serves as a bench-mark for the industry that other facilities may emulate.

The OPHFC underwent a two-day site visit by an MFA examiner team to renew the Center's MFA certification. Based on the Medical Fitness Standards and guidelines for Medical Fitness Center Facilities Publication, the certification process involves an in-depth adherence to the prescribed standards and guidelines.

A number of key factors distinguish a certified medical center, including:

- An active and regular medical oversight by a medical advisory committee.
- Fitness staff are all certified and licensed.
- Written policies and procedures concerning user safety and the ability to respond appropriately to all emergencies.
- The Center hosts disease management and prevention programs.
- Health-risk reduction and therapeutic-lifestyle programs.
- Members participate in individualized health screening.
- The Center conducts testing and outcome tracking
- Quality management, with a focus on measurable results.
- A focus on improving community health.

OPHFC received a perfect score of 100% from the site visit.

**Recommended Action/Motion**  
For Discussion Only

