



## **New Publication of Standards for Medical Fitness Facilities Released**

The Medical Fitness Association (MFA) has published the new 2009 edition of Standards and Guidelines for Medical Fitness Center Facilities in conjunction with Healthy Learning. This publication is a significant step forward for the entire medical fitness industry.

Developed and written by a team of industry professionals, the expanded edition features a set of nationally derived parameters that are applicable to the design and operation of a medical fitness center. The publication features sample job descriptions; a facility certification checklist; policies and procedures; and industry resources.

The release of the new publication follows the announcement of the MFA Medical Fitness Center Facility Certification program launched last year. This program is the first certification offered specifically to facilities in the medical fitness industry – an industry that serves over 3 million members nationwide. Based on the MFA’s Standards and Guidelines for Medical Fitness Center Facilities, the certification process involves an in-depth review of a facility’s adherence to the prescribed standards and guidelines. The certification process is an integral part of ensuring that facilities provide the quality and safety of the programs and services that are necessary to meet the vital role that medical fitness centers perform. The MFA Medical Fitness Center Facility Certification is recognized as a mark of excellence in the health and wellness industry and is the best way to set a facility apart from traditional health and fitness clubs.

“Certified medically integrated fitness centers have the professional expertise and programming necessary to safely and effectively assist all people, regardless of their current health status, to develop, initiate and maintain an active lifestyle that minimizes risk and promotes health and wellness. The MFA seal of approval assures consumers the facility has met the highest quality standards and will offer them appropriate and effective fitness/wellness programming by qualified staff,” says Brad A. Roy, Ph.D., FACSM, FACHE, MFA Board Chair Elect and VP/Administrator at Kalispell Regional Medical Center and The Summit in Kalispell, MT.

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