



Is a joint replacement in your future?

Join our no charge 16 week
program specially designed for
joint replacement patients to
jump start your recovery.

Novato Community Hospital
Sutter Medical Office Building
165 Rowland Way, Ste 105
Novato, CA 94948
novatocommunity.org/joint



The **“Let’s Get Fit”** is a special no charge program offered every Thursday at 12:30 p.m. to teach you how nutrition and fitness can contribute to improved well-being and minimize your joint pain.

Program overview

- Initial consultation: How can we help you?
- Weekly 30 minute meetings
- Exercise options for people with joint pain
- Nutritional education, meal planning
- The role that BMI plays in overall health
Higher BMI is predictive of hip and knee replacement failure.¹
- Personal goal setting
- Continued support following surgery

For more information and to schedule your consultation, please call 415-209-1464 or email nchjoints@sutterhealth.org.

Please Note

Prior to starting this program, we request a medical clearance from your primary care MD.

1. J.R. Foran, M.A. Mont, G. Etienne, L.C. Jones, D.S. Hungerford.
“The outcome of total knee arthroplasty in obese patients.”

Journal of Bone and Joint Surgery (Am). August 2004; 86-A(8):1,609 –15