



## FIND YOUR HEALTHPLEX HEALTHY HABIT!

Health and Fitness is ever evolving with new developments every day. Sometimes trying to decide what is the best fit for you can be confusing and overwhelming.

Mercy HealthPlex now provides expertly tailored health and wellness programs and services that are delivered by our Wellness Coaches. The HealthPlex is the only fitness center in Cincinnati to offer this unique service.

Your Wellness Coach will help you define and reach your goals. These professionals are trained to partner with you so that your goals will fit your lifestyle and can be realistically attained. They will continue to work with you beyond your initial meeting to ensure that you stay on track.

Begin your journey at the HealthPlex with your Wellness Coach and your wellness assessment.

### WHAT TO EXPECT AT YOUR WELLNESS ASSESSMENT

Your Wellness Coach Will:

- Gather baseline wellness assessments and information
- Identify common lifestyle pitfalls
- Define and set clear and specific wellness goals
- Plan a specific wellness strategy that will fit your lifestyle and help you reach your goals

***Nothing is more important than your health and wellness. Schedule your appointment today.***



**513-942-PLEX**

**[www.mercyhealthplex.com](http://www.mercyhealthplex.com)**

**ANDERSON HEALTHPLEX**  
7495 State Road  
Cincinnati, OH 45255

**FAIRFIELD HEALTHPLEX**  
3050 Mack Road  
Cincinnati, OH 45014

**WESTERN HILLS HEALTHPLEX**  
3131 Queen City Avenue  
Cincinnati, OH 45238