

Exercise Opportunities in the Madison Area

Name	Information	Fitness Classes	Aquatic Classes	Walking Routes
UW Health Sports Medicine Fitness Center	www.uwhealth.org/sports-medicine/fitness-center/13072 263-7936	X	X	X
Madison School & Community Recreation-MSCR	www.mscre.org 204-3000	X	X	X
Goodman-Rotary 50+ Fitness	www.mscre.org 204-3023	X	X	X
Madison Area Technical College (MATC)	http://madisoncollege.edu/fhr/groups (608) 246-6100	X	X	X
The YMCA East Sun Prairie West	www.ymcadanecounty.org 221-1571 837-8221 276-6606	X	X	X
Princeton Club East West	www.princetonclub.net 241-2639 833-2639	X	X	X
Swim West Madison West Madison East Fitchburg	www.swimwest.com 831-6829 831-6829 276-7946	X	X X X	X
Harbor Athletic Club	www.harborathletic.com 663-7511	X	X	X
Pinnacle Health & Fitness Fitchburg Capitol Square	www.phfitness.com 278-8118 442-8118	X X	X X	X X
Monkey Bar Gymnasium	www.monkeybargym.com 663-7511	X		
Prairie Athletic Club- Sun Prairie	www.prairieathletic.com 837-4646	X	X	X
Supreme Health and Fitness	www.supremehealthfitness.com 274-5080	X	X	X
UW Fitness and Aquatic Centers	www.recsports.wisc.edu 262-8244	X	X	X
Capital Fitness	www.capitalfitness.net 251-1245	X		X

Warner Park Community Recreation Center	www.cityofmadison.com/parks/wp_crc 245-3690	X		X
Curves	www.curves.com	X		
Core Athletic	www.corehealthandfit.com 831-2673	X		
Studio Melt	www.studiomelt.com 663-6358	X		
Ford's Gym	www.fordsgym.com	X		
Gold's Gym Fitchburg	www.goldsgym.com 661-4653	X	X	
Anytime Fitness	www.anytimefitness.com	X		
Dane County Parks	http://www.countyofdane.com/lwr_d/parks/parks.aspx 242-4576			X
Hilldale Mall	www.hilldale.com 238-6640			X
East Towne Mall	www.shopwesttowne-mall.com 244-1387			X
West Towne Mall	www.shopwesttowne-mall.com 833-6330			X
Westgate Mall	www.shopsatwestgate.com 288-1100			X
Dane County Parks	http://www.countyofdane.com/lwr_d/parks/parks.aspx 242-4576			X

Insurance Reimbursement

Most insurance companies now reimburse people who exercise. Check with your health insurance to see if they will reward you for your hard work staying active and healthy!

Web Sites to Help Track Your Progress

Choose MyPlate SuperTracker: The SuperTracker can help you plan, analyze, and track your diet and activity. You can look up certain foods to see their nutritional value. It will suggest what and how much you should eat. It will also compare your food choices to the foods they suggest, and assess your activities.

- **New Feature:** The newest SuperTracker feature allows you to set a personal calorie goal! Customize your SuperTracker plan with a calorie goal on the My Top 5 Goals page.

The President's Challenge: This is a program that encourages all Americans to make being active part of their daily lives. No matter what your activity and fitness level, the President's Challenge can help motivate you. www.presidentschallenge.org

Fit City Madison: The goal of Fit City Madison is to improve nutrition and increase activity among all Madison residents. www.fitcitymadison.com

Apps to Help Track Your Progress

Myfitnesspal: This is a free app that allows you to log calories, as well as your exercise. It has a large database for looking up foods. It also has a barcode scanner. Share your info to get support from friends who also use the app. <http://www.myfitnesspal.com>

Lose It!: This free app lets you look up food to track calories and track your exercise. There is an online support community. You also can scan the barcodes of almost any item and pull calorie and nutritional info from a huge online database. <https://www.loseit.com/>

RunKeeper: This is a free app where you can track any activity you do outside. This includes biking, running, walking, or hiking. This app uses the phone's GPS system. If you like motivation, this app even has built in audio to give you your statistics and progress.

<http://runkeeper.com/>

Endomondo: This is a great app if you're a runner, biker or walker. This app will track your route via Google Maps. It will track your workout history to compare later.

Good Habits: This is an app that uses a simple design and motivational techniques with the hope of making goals daily habits. <http://goodtohear.co.uk/>

My Diet Coach: This app uses reminders that pop up at the moment you might have things that derail your diet. This includes food cravings, emotional eating or skipping exercise. There are three main parts that make up My Diet Coach: My Diet Reminders, My Perseverance Tips and My Diet Assistants. Plus it also has a community to support dieters.

<http://www.mydietcoachapp.com/>

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 4/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#413.