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BEAUMONT HOSPITALS OPENS SOLA LIFE & FITNESS CENTER

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Medically-based fitness center blends fitness, exercise and medical expertise

Beaumont Hospitals opened a 40,000 square-foot, medically based fitness center in Rochester Hills on Feb. 1.

[Sola Life & Fitness \(http://solafitness.com/\)](http://solafitness.com/) is the first occupant in the newly constructed [Beaumont Health & Wellness Center \(http://www.beaumonthospitals.com/health-wellness-center\)](http://www.beaumonthospitals.com/health-wellness-center) on South Boulevard just west of Dequindre Rd., that will open in phases from now through May, with other Beaumont services including: physical and occupational therapy, MRI, Center for Pain Medicine and [Integrative Medicine \(http://www.beaumonthospitals.com/health-wellness-center\)](http://www.beaumonthospitals.com/health-wellness-center).

[Sola Life & Fitness \(http://solafitness.com/\)](http://solafitness.com/) is part of a growing trend of wellness-focused fitness. Sola integrates the amenities and expertise of a medically based fitness center with the medical resources of Beaumont Hospitals and the holistic concepts of body, mind and inner well-being.

"Our integrated approach will result in more energy and improved overall health and well-being for Sola members of any age, said Deb LaRue, B.S.N, the center's director of fitness and advanced certified personal trainer. "We developed the blueprint for our facility with the goal of giving our members the best of both worlds: exercise and fitness combined with medical, therapeutic, [nutrition \(http://solafitness.com/healthy-eating/\)](http://solafitness.com/healthy-eating/), educational and behavioral services."

Unlike traditional fitness centers, Sola's program blend cardio and strength training equipment with programs and services that can help members improve and optimize their overall health, including lowering cholesterol and blood pressure, losing weight and addressing medical conditions such as diabetes and arthritis.

Sola's equipment, facilities and amenities include: large, open areas with cable and free weights; group fitness studio; indoor cycle room, premium bikes; half-mile indoor track made of high-density, shock absorbing materials; a half-court gymnasium; a four-lane lap pool, a warm-water therapy pool, hot tub, sauna and steam room. (<http://solafitness.com/>)

The 754-square foot therapy pool, heated to 92 degrees, offers individualized sports medicine therapy sessions that address joint and bone disorders, including fibromyalgia, arthritis and multiple sclerosis.

Sola offers comprehensive health and exercise assessments to gauge the current health status of its members and capture fitness goals, with the ability to electronically share information with their physicians. The center features contemporary fitness equipment and facilities; therapeutic, dietary, educational and behavioral services; and integrative medicine services including massage therapy, reflexology, acupuncture, guided imagery, neuromuscular therapy, Reiki and more.

The center provides a non-intimidating, supportive environment for those transitioning from hospital physical and occupational therapy services that will be available in the building in late February, to long-term fitness and lifestyle changes.

Sola promotes the importance of good nutrition to better health and weight management. [Nutrition services \(http://solafitness.com/healthy-eating/\)](http://solafitness.com/healthy-eating/) include individual consultations with a registered dietician, education classes and group programs. A demonstration kitchen provides members with a fun, interactive way to learn about nutrition, food labels, healthy eating and more.

With the expertise of medical professionals from Beaumont, Sola will serve as a fitness and vitality resource to the community through a series of classes on topics such as fitness, wellness, health and aging, stress management and disease prevention. It offers both one-on-one and group sessions to assist members in making lifestyle changes to balance and maximize physical, mental and inner health.

The center's amenities include child care and rental lockers with laundry service.

For more information on a [Sola Life & Fitness \(http://solafitness.com/\)](http://solafitness.com/) membership, call 248-267-5600, visit the Sola web site at [www.solafitness.com \(http://www.solafitness.com/\)](http://www.solafitness.com) or find Sola on Facebook.

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