

St. Vincent's Health Services and New Road Fitness Announce Medically Integrated Health and Fitness Center in Trumbull, CT

BRIDGEPORT, CT, March 12, 2013, – St. Vincent's Health Services and New Road Fitness announced today their intent to open Trumbull,'s only medically integrated health and fitness center at

126 Monroe Turnpike. The center is expected to open in early April of 2013.

New Road Fitness is designed specifically for de-conditioned individuals who want to be healthier and fitter, who may be at risk for developing chronic illness or who have already developed a chronic illness that can be controlled in part through exercise. New Road Fitness offers a safe and comfortable environment where members are surrounded by like-minded people, are encouraged and can feel good about the pursuit of a healthier and fitter lifestyle.

The association with New Road Fitness is part of St. Vincent's Health Services initiative to improve the health of the communities it serves. According to St. Vincent's Chief Medical Officer and Cardiovascular Services Chairman Lawrence Schek, MD, FACC, "This is an opportunity to provide safe and effective exercise programs to those who typically do not join commercial exercise facilities, and who would most benefit from a regular, moderate exercise regimen. St. Vincent's is delighted to be a part of this new and innovative way to improve the health of our community."

Dan Lynch, president of New Road Fitness, added "We are really excited about this joint effort with St. Vincent's Health Services and hope to open additional centers within the communities it serves. Accountable care is driving healthcare organizations to look at prevention of chronic illnesses not only as a means of better controlling rising health care costs, but as a way to help people improve their quality of life.. This fitness center will become an extension of the doctor's office in managing and personalizing patient health".

New Road Fitness

New Road Fitness employs trained on-site Exercise Physiologists who develop a personal exercise program for each new member based on an initial fitness assessment, health history, input from the member's primary care physician and fitness goals.. Its state of the art "smart" fitness equipment recognizes each member and guides him or her through a personalized exercise program, providing detailed instruction every step of the way.. This allows members to exercise at their own pace, with confidence and without the need of a personal trainer.

The equipment also maintains a detailed record of each member's progress and improvement, providing exercise physiologists with the information needed to assess member performance and refine each individual's personal exercise program over time. Through a secure log in page at NewRoadFitness.com, members can also access their exercise history and share their progress with physicians and other health care providers.

New Road Fitness' Trumbull center will be located at 126 Monroe Turnpike. For more information or to schedule an appointment, please call 203-452-ROAD (7623) or visit www.newroadfitness.com.

ST. VINCENT'S MEDICAL CENTER

St. Vincent's Medical Center in Bridgeport, CT is a 473-bed community teaching and referral hospital with a Level II trauma center and a 76-bed inpatient psychiatric facility in Westport. St. Vincent's provides a full range of inpatient and outpatient services over 50 specialty and subspecialty medical and surgical disciplines with regional centers of excellence in cardiology, surgery, cancer care, orthopedics, diagnostics, women's and family services, behavioral health, senior health and an array of specialized services.

St. Vincent's is one of only four state hospitals to receive an "A" Hospital Safety Score" from Leapfrog Group, and recently won the John D. Thompson Award for its high reliability safety program from the Connecticut Hospital Association. It has also been recognized for safety by Consumer Reports in 2012.

For referral to a St. Vincent's physician or more information on programs and services, call the toll-free Care Line at 1-877-255-SVHS (7847) or visit www.stvincents.org

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