



## **Duke** Healthy Escapes

A Personalized Plan  
for Better Health



Duke Healthy Escapes is an innovative health coaching program that focuses completely on you.

We are here to help you access the options that fit your needs, budget, and time frame. Our clients range from people who are in very good health to those who would like professional assistance in working on goals related to weight loss, fitness, heart disease, blood pressure, cholesterol, diabetes, loss of mobility, stress, or general well-being. Healthy Escapes helps you achieve your goals by coordinating Duke Medicine resources to meet your needs.



personal training





## Provided for you

- A **flexible and customized plan** for your health and well-being, whether you're looking for preventive measures, rehabilitation, or extra support for your existing medical care.
- An ongoing, **one-on-one relationship** between you and your Healthy Escapes coordinator.
- A **site-based program** housed on the serene grounds of the Duke Center for Living.
- A link to **additional Duke Health 360° programs**, including Duke Integrative Medicine, Executive Health, Diet & Fitness, and Health & Fitness.
- A service backed by the expertise of the Duke Heart Center, ranked among the **top ten nationwide** for heart care by *U.S. News & World Report*.



stress management





## Based on your goals

Your Healthy Escape begins by discussing your goals with one of our Healthy Escapes coordinators. These registered nurses will be devoted to working with you to determine the best approach to improving your health.

Based on your medical history and individual preferences, a customized schedule will be designed for you. This can be an intense weeklong retreat, including phone follow-up, or a more prolonged and in-depth program achieved through a series of ongoing visits.

Depending on your personal goals, a typical day may include:

- Physician consultation
- Personal contact and support from your Healthy Escapes coordinator
- Full use of the fitness center, pool, and exercise classes
- Personal training with your exercise specialist
- Stress management
- Nutrition consultation
- Yoga
- Massage
- Healthy meals

Each service is provided by Duke Medicine professionals, with each appointment planned and coordinated by your Healthy Escapes team to ensure a safe, supportive environment.

# nutrition



A healthy start for  
the rest of your life

We're eager to answer your questions and  
get you started on a path to improving your  
health and maintaining that improvement  
for the rest of your life.



achieve your goals

To begin your Healthy Escape...

call 919-660-6821



**Duke**Medicine

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