



Exercise Equipment

- Arm ergometer (arm bike)
- Exercise ball
- Free weights
- Leg press
- Recumbent cross trainer
- Resistance bands
- Rowing machine
- Stationery bikes
- Treadmills
- Universal weight machine

Livingston HealthCare includes:

- A Livingston Memorial Hospital
- A Home Oxygen
- B Orthopedic and Rehabilitation Institute
- C Park Clinic (River Drive)
- D Park Clinic (West Crawford)
- E Home Care and Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



LivingstonHealthCare

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LivingstonHealthCare

the heart of community care

For your health, our campus is tobacco free.

What is Healthy Steps?

Healthy Steps is an RN-supervised exercise program for persons with special health concerns, such as hypertension, diabetes, epilepsy, or multiple sclerosis. Participants receive an individualized exercise program to safely increase strength and endurance, as well as all of the other benefits of regular exercise, like lower blood pressure and blood sugars, improved cholesterol levels, and an overall sense of well-being.

Exercise Benefits

- Feel better
- Get stronger
- Reduce stress
- Reduce risk of future health problems
- Live longer

Exercise improves your sense of well-being — and blood pressure and cholesterol levels.



services

Healthy Steps Services

- Full exercise evaluation
- Exercise sessions supervised by a registered nurse, with the help of an exercise assistant
- Customized exercise plan to safely increase strength and endurance
- Assessment of blood sugars, blood pressure, pulse, and oxygen saturation before and after each exercise session.
- Education to help you increase your healthy habits
- Access to resource library

Enrollment

To enroll in the program, call 406-823-6459 and a nurse will help you get started.

Cost

Exercise sessions are \$4/each or a maximum of \$48/month. Billing is done monthly.

contact us

For More Information

Please talk with your physician or call
406-823-6459.