



**EXPECTATIONS FOR HMHB** The goal of the HMHB program is to assist Veterans to increase their physical activity, improve the ability to make healthy lifestyle choices, increase the opportunities for networking with other Veterans and their families, and to have fun. Turnstone staff is dedicated to help you achieve your greatest potential and personal goals. Meeting the following expectations will help secure these outcomes.

**VETERANS/SPOUSE/CAREGIVERS:**

I will:

- attend a minimum of 2-3 times per week for fitness and aquatics to help achieve personal goals.
- participate in the HMHB program for 6 months from my start date to fitness center or warm water pool.
- participate in Paralympic sports and sports clinic opportunities at least once.
- regularly attend a Paralympic sport offered at Turnstone.
- attend at least 5 of the 9 monthly social events.
- notify Turnstone staff when I cannot make an appointment.
- notify staff of any scheduling or transportation issues.

**TURNSTONE STAFF:**

We will provide:

- health/wellness and recreational services for you to achieve your personal goals.
- you with materials, resources, and program alterations to help you gain a healthy, more physically active lifestyle.
- an initial assessment to determine your needs/goals and to establish an individual fitness program.
- continuous supervision during your workouts.
- information about services you can continue after the 6 month period.
- 5 hours of individual personal training.
- opportunities for participation in Turnstone’s Adaptive Sports and Recreation Program.
- social events one time per month that will provide outreach, education and awareness opportunities until August.
- a take home exercise kit and program.

Veteran/Caregiver: \_\_\_\_\_ Date: \_\_\_\_\_

Turnstone Staff: \_\_\_\_\_ Date: \_\_\_\_\_



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