



Medical  
Wellness  
Association

# MEDICAL WELLNESS

## PROFESSIONAL DIRECTORY RESOURCE GUIDE

THE MEDICAL WELLNESS ASSOCIATION  
INTEGRATING MEDICINE, HEALTH AND WELLNESS



# Medical Wellness Guide

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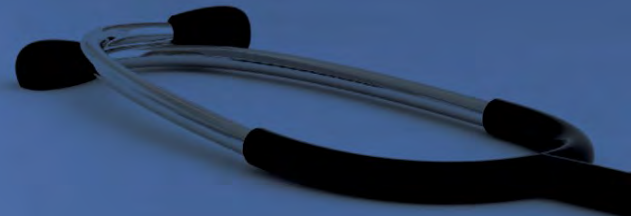
Medical  
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# Medical WELLNESS

## 2011 Advisor Directory Medical Wellness Advisors

THE MEDICAL WELLNESS ASSOCIATION  
INTEGRATING MEDICINE, HEALTH AND WELLNESS

### Medical Wellness Guide



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## MEDICAL WELLNESS GUIDE

### WELCOME FROM THE PRESIDENT

*The Medical Wellness Association is pleased to present the new Medical Wellness Guide & Directory. To help support our international membership and global wellness consumers, we have created the new Medical Wellness Guide and Provider Directory. The Professional Guide & Directory is a valuable resource to help you and your organization make the best investments in medical wellness products, providers and services. Through the Medical Wellness Guide and Directory, including the new online edition, MWA supports the best providers for your members, clients, programs and facilities. The Medical Wellness Guide- Directory connects you with the best professional providers and resources to support your ongoing success.*

*Corporate, government, healthcare and consumer interest in medical wellness is strong and growing. Allied health-medical providers, physicians, businesses and community health wellness organizations are responding to this demand by integrating medical and wellness practices, programs and services. We are excited to launch our new International Directory of Medical Wellness Advisors & Professionals including the Medical Wellness ID network. I encourage you to participate in the upcoming Medical Wellness Forums and Events in San Francisco, Atlanta, and Houston. We see the coming year as a period of intense change, growth and new partner development. MWA is committed to recommend and support our members, advisors, users, and professional partnering organizations through the Medical Wellness Guide and Directory.*

*The Medical Wellness Guide & Directory connects you with the best professional providers in the industry. We are committed to serve as a valuable resource for you and your organizations.*

*Christopher Breuleux*

*President, The Medical Wellness Association*



# MEDICAL WELLNESS ASSOCIATION

## MISSION, VISION, VALUES & GOALS

### Mission

The Medical Wellness Association promotes and integrates the development of medical wellness professionals, programs and services. We build bridges and partnerships between the medical and wellness communities while advancing medical wellness standards, outcomes and quality care.

### Vision

The Association is the recognized international leader for guiding, promoting and integrating medical wellness programs and services.

### Professional Statement

As the international professional organization for medical wellness, MWA provides leadership, promotes high standards, integration, diversity, networking, quality and advances the development of the wellness profession.

### Values

- Everyone should have the freedom to choose and select medical wellness care.
- Wellness should be integrated and inclusive with all medical and health care options.
- We believe medical and health providers should include wellness, prevention and lifestyle programs.
- We strive to support professionals and organizations across the medical, health and wellness spectrum for assessments, programs, products, services and standards.
- We seek to incorporate quality standards and best practices for governance and benchmarks.
- We serve as the leading forum for medical wellness leadership, impact and evidence based outcomes.
- We guide and support businesses providing medical wellness programs, goods and services.
- We will conduct our business with integrity in a collaborative manner to ensure fairness and for serving the professional community and medical wellness industry.

### Goals

- Connect and integrate the international medical and wellness communities
- Define, promote and advance medical wellness programs, products and services
- Promote quality, integration and diversity for medical wellness providers and programs
- Advance medical wellness leadership by providing recognition, resources and educational opportunities
- Develop standards, guidelines and credentialing programs for allied health and wellness programs
- Create new initiatives, partnerships and coalitions to enhance medicine and wellness
- Enhance education, networking and professional development opportunities
- Strengthen, support and promote all professional advisors, members and partners
- Provide program, product and application guidelines for evaluation and quality measurements
- Collaborate and partner with quality health, medical and wellness providers and organizations



**The Medical Wellness Association** was developed as a multidisciplinary organization to promote medical wellness. MWA is the leading international source of information, standards and guidelines for medical wellness professionals, programs and services. MWA is your link to an integrated network of allied health, medical, wellness professionals from around the world by providing leadership, training and education. The association supports members and the profession by providing timely resources, publications, standards, guidelines, education, outcomes and best practices.

# Medical Wellness Definitions, Standards and Guidelines

**Before an Association** develops standards, it should have clear vision, purpose and definition of goals. The Medical Wellness Association was created in 2001 as a professional membership based advocate for the integration of the medical and wellness disciplines. It was formed to support the growing wellness movement by clearly defining appropriate guidelines and standards. There is broad agreement among respected analysts that future wellness, medical and healthcare decisions will be driven by the direct consumer and by health reform policies much more than in the past. We strive to lead the way for open communication, integration of and defining the new standards for medical wellness professionals and programs.

Due to improved medical practices, average life expectancy has increased significantly. However, the biggest health problem today stems from not maintaining healthy lifestyles. The healthcare consumer seeks an integrative approach to medical care. High medical costs threaten the economics and limit the choices for employers, providers and families. Individual consumers who are striving for optimal health and wellness realize that medical science can prolong their lives, but they also want to live well and be healthy throughout their entire lives. All physicians, allied health professionals and wellness practitioners can utilize medical wellness programs to help provide real solutions for today's changing healthcare environment. Many organizations have been successful at reducing health and medical costs by helping their employees become wellness consumers and live a healthier life. A number of new wellness practices are considered to be outside the traditional realm of conventional medicine. The demand for wellness programs and therapies has increased as progress toward

reducing the barriers with allopathic and conventional medicine continues. The Medical Wellness Association provides critical definitions, standards and guidelines for the field of medical wellness and allied health disciplines.

There have been many terms used to define and describe wellness. These include optimal health, health promotion, and total health and wellness. Optimal well-being requires the balancing of lifestyle and various dimensions of the whole person. These dimensions of health include physical, mental, emotional, spiritual and social components. This broader wellness approach to health demands the integration of all dimensions of wellness. These dimensions are often interrelated as one wellness dimension can affect the others. The ever developing field of wellness is serving the need for helping individuals improve their health through the process of wellness practices, lifestyle and effective medical care.

**The Medical Wellness Association** defines *medical wellness* as the practice of health and medical care relating to proven wellness outcomes. A more specific definition of medical wellness is an approach to delivering care that considers multiple influences on a person's health and consequently multiple modalities for treating and preventing disease as well as promoting optimal well-being. Medical wellness integrates and brings together allied healthcare: medical and wellness practitioners, providers and professionals. The Medical Wellness Association provides program recommendations and application guidelines for the profession. We continue to develop new medical wellness standards that include health, wellness and medical outcomes. Specific programs and operations are often viewed as the

integration of wellness practices and programs within a clinical environment. Medical wellness programs evolve continually, as practices and treatments are developed, tested and proven effective. The integration of these complementary programs merge with conventional medicine as new approaches to health, well-being and wellness emerge. The foremost goal of medical wellness is to promote an optimal state of health through practicing active wellness lifestyles and disease prevention. Best practice medical wellness programs should always strive to meet quality and medical standards of care that can be proven effective. The defined medical wellness guidelines help clarify misleading health and wellness information presented by popular media-advertising driven health publications and sources.

The future is bright for the industry. New trends and opportunities include Alternative and Integrative Medicine, Anti-Aging, Medical and Wellness Spas, Functional, Performance and Longevity Medicine. The Medical Wellness Association is committed to provide leadership for the upcoming challenges and the exciting new opportunities before us.

**Christopher Breuleux, PhD**

**"Wellness is Medicine"**  
*Medical Wellness Association*



The **Medical Wellness Association** defines *medical wellness* as the **"practice of health and medical care relating to proven wellness outcomes."**

[medicalwellnessassociation.com](http://medicalwellnessassociation.com)

# Medical Wellness Association Advisors

The Medical Wellness Advisors and Board include experts in medicine, complementary health, alternative-integrative therapies, psychology, physiology, wellness, gerontology, sports medicine, health promotion, coaching, fitness, nutrition and research. The Medical Wellness Advisors provide special expertise and are instrumental in review of standards, guidelines, programs, research, publications, trainings and future planning for the Association.

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Tel: 612-922-3766  
Fax: 612-922-3767  
[cory@ekho.us](mailto:cory@ekho.us)  
[www.ekho.us](http://www.ekho.us)

### Exerbotics

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Toll-free: 800-2870-6933  
Fax: 281-392-5327  
[john.heussner@exerbotics.com](mailto:john.heussner@exerbotics.com)  
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[www.exerstrider.com](http://www.exerstrider.com)

### Fabiano Designs International

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Fax: 973-746-5103  
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[www.fabianodesigns.com](http://www.fabianodesigns.com)

### Fit Express

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Shannon MS 38868  
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[www.fitexpress.com](http://www.fitexpress.com)

### FreeMotion Fitness

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[sales@freemotionfitness.com](mailto:sales@freemotionfitness.com)  
[www.freemotionfitness.com](http://www.freemotionfitness.com)

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149 Blackfoot  
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Tel: 214-886-1113  
[DrAnn@GlobalWellCare.com](mailto:DrAnn@GlobalWellCare.com)  
[www.GlobalWellCare.com](http://www.GlobalWellCare.com)

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[LakeshoreMedicalFitness.com](http://LakeshoreMedicalFitness.com)

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1500 Waters Ridge  
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Tel: 972-899-4176  
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### Marathon Fitness

P.O. Box 17705  
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Sugar Land, TX 77479  
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### Polar Electro Inc.

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[www.reactice.com](http://www.reactice.com)

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### Seawinn EMR

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[www.stottpilates.com](http://www.stottpilates.com)

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Fax: 206-623-1898  
[info@technogymusa.com](mailto:info@technogymusa.com)  
[www.technogymusa.com](http://www.technogymusa.com)

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[www.totalgym.com](http://www.totalgym.com)

### United Wellness

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Houston, TX 77027  
Toll-free: 877-887-8014  
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[www.Unitedwellnessgroup.com](http://www.Unitedwellnessgroup.com)

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[www.vacumed.com](http://www.vacumed.com)

### Vexor Medical Advanced Wellness

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Houston, TX 77080  
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[grainbolt@vexormed.com](mailto:grainbolt@vexormed.com)  
[VexorMed.com](http://VexorMed.com)

### Woodway

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[www.woodway.com](http://www.woodway.com)

### Wellcoaches

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[wellnesscoach@wellcoach.com](mailto:wellnesscoach@wellcoach.com)  
[www.wellcoach.com](http://www.wellcoach.com)

### The WorkCare Group

PO Box 2053  
Charlottesville, VA 22902  
Toll-free: 888-611-6685  
[georgeworkcare@earthlink.net](mailto:georgeworkcare@earthlink.net)  
[www.workcaregroup.com](http://www.workcaregroup.com)

### World Wellness Research

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Houston, TX 77064  
Tel: 281-469-4156  
[www.worldwellnessresearch.com](http://www.worldwellnessresearch.com)

### XAM: Healthcare Services

7676 Hillmont, Suite 250  
Houston, TX 77040  
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[www.xam.biz](http://www.xam.biz)

## MWA Association Partners

### American College of Wellness

ACW: [www.collegeofwellness.com](http://www.collegeofwellness.com)

### American Academy of Anti-aging Medicine

A4M: [www.worldhealth.net](http://www.worldhealth.net)

### Anti-aging Medicine and Research

AMAR: [www.antiagingindia.com](http://www.antiagingindia.com)

### American College of Sports Medicine

ACSM: [www.acsm.org](http://www.acsm.org)

### Exercise is Medicine

EIM: [www.exerciseismedicine.org](http://www.exerciseismedicine.org)

### International Council of Active Aging

ICAA: [www.icaa.cc](http://www.icaa.cc)

### International Health & Sports Club Association

IHRSA: [www.ihrsa.org](http://www.ihrsa.org)

### International Association for Worksite Health Promotion

IAWHP: <http://www.iawhp.org>

### The Health Performance Institute

[www.briansekula.com](http://www.briansekula.com)

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