



**BEACH CITIES HEALTH DISTRICT'S CENTER FOR HEALTH & FITNESS
IS RECERTIFIED BY THE MEDICAL FITNESS ASSOCIATION**
*CHF is 1 of 2 MFA-Certified Facilities in California, and 1 of 43 worldwide,
Focused on Exercise and Managing Chronic Health Conditions*

For Immediate Release

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REDONDO BEACH, Calif. (February 19, 2024) – Beach Cities Health District's (BCHD) Center for Health & Fitness (CHF) has been re-certified as a medical fitness facility by the Medical Fitness Association, making CHF one of just two California organizations to achieve this designation and one of just 43 certified fitness centers worldwide.

Studies show that nearly 75 percent of hospital visits are preventable. Additionally, proper physical condition before surgical procedures can produce better clinical outcomes. To address these issues, CHF provides pre-rehabilitation workouts before knee and hip replacement surgeries and six-week medical exercise training for diabetes, hypertension, low back pain, and women's fitness.

"As a preventive health agency, having a medically certified fitness facility is truly consistent with our mission," says Tom Bakaly, CEO of BCHD. "This recertification represents our continued commitment to offering the highest standards of professional expertise and quality programming. CHF is here to help members develop and maintain a healthy lifestyle that minimizes the risk of illness and disease and promotes overall wellness."

Located on the BCHD campus in Redondo Beach, CHF offers clinical fitness programming for people dealing with chronic health conditions, ranging from managing blood pressure to chronic pain. Personal training, small group training, Yoga, Pilates, massage, weight management and nutrition instruction are also offered at CHF.

"As the incidence of chronic disease continues to rise, the need for medical fitness facilities to offer a high standard of programming for the communities they serve is more important than ever," said David Flench, FACHE, FMFA, President and CEO of the Medical Fitness Association. "Studies have shown that when people maintain an active lifestyle, especially in a safe environment, they reduce the risk of illness down the road."

"The MFA recertification is the culmination of five years of work supporting the programs developed by the Center for Health & Fitness team, all designed to improve one's health and fitness," said Dr. William

Kim, Chief Medical Advisor for BCHD, who oversees the medical advisory committee for CHF. “By measuring outcomes and documenting the expected improvements with those programs, the MFA certifies that CHF provides medically-integrated health and fitness services to improve the health and functionality of our members in a safe and monitored environment.”

MFA-certified fitness facilities are located in 18 states, two provinces in Canada and in China.

About Beach Cities Health District

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health; the Center for Health & Fitness, a comprehensive fitness center that is one of just two Medical Fitness Association-certified facilities in California; and allcove Beach Cities, a youth center for ages 12-25. BCHD was named the 2021 “Special District of the Year” by the Association of California Healthcare Districts. Visit www.bchd.org or call (310) 374-3426 for more information.

About the Medical Fitness Association

The Medical Fitness Association (MFA), a non-profit professional membership organization, was formed in 1991 to assist medically integrated health and fitness centers achieve their full potential. MFA provides industry standards, educational programs, certification opportunities, benchmark data, professional development, and networking opportunities for improving operational success and healthcare integration. MFA’s vision is to be the leading force in the healthcare and fitness industries dedicated to inspiring and empowering those who seek to deliver the medical fitness model through holistic wellness solutions.

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