

CrossFit KMC

Get a great workout, meet new friends and achieve your health goals

Our new 3,200-square-foot, state-of-the-art gym, located on our Kirby Medical Center campus, is dedicated to CrossFit® training and is equipped with rowers, Airdyne® bikes, kettlebells, medicine balls, barbells and more.

CrossFit workouts incorporate elements from weightlifting, gymnastics and metabolic conditioning (cardio). Classes are designed to motivate and encourage you to reach your fitness goals through constantly varied, functional movements like squatting, pushing and pulling, and they are performed at an intensity level that suits you best.

Our CrossFit classes accommodate athletes of all levels and experience. These workouts are designed so that anyone can step into one of our classes and be successful. Each class will consist of a general and specific warm-up, specific instruction on technique for that day, practice time, workout and post-workout cooldown.

Visit CrossFitKMC.org for more information and class schedules.

Wellness Trail

Take a stroll through our beautiful grounds in Monticello

The Wellness Trail is a one-mile-long path open to everyone in the community. The trail expands on Kirby's Wellness Program and encourages healthy lifestyles by offering opportunities to walk, run or bike. Four "Reflection Points" are located along the trail with benches for resting or relaxing. A bridge connects the trail to the Healing Garden and Apple a Day Café.

Apple a Day Café

Try our healthy food options at Kirby Medical Center

Our onsite café offers made-to-order selections from the grill as well as delicious and nutritious meals for staff and visitors. Daily meal specials offer meat, vegetable and starch options using the plate method to support healthy lifestyle choices. Apple a Day Café has indoor and outdoor seating and is open Monday through Friday, 6:30am-3pm.

KIRBYMEDICAL CENTER

ADDRESS

1000 Medical Center Drive
Monticello, IL 61856

PHONE

(217) 762-2115

WEBSITE

KirbyHealth.org

EMAIL

kirby@kirbyhealth.org



Kirby Medical Group

Family Practice Clinic Locations

KMG-MONTICELLO

(Located within Kirby Medical Center)

1000 Medical Center Drive
Monticello, IL 61856
(217) 762-6241

KMG-ATWOOD

108 S. Main Street
Atwood, IL 61913
(217) 578-3814

KMG-CERRO GORDO

407 S. Jackson Street
Cerro Gordo, IL 61818
(217) 763-6010

KIRBYMEDICAL CENTER



Wellness Services



Kirby Wellness Services

At Kirby, we're dedicated to your whole health. That's why we offer wellness programs and services to keep you feeling your best year-round. From weight loss support to exercise classes and more, we can help you live your healthiest life.

Medical Nutrition Therapy (MNT)

Improve your health with our food and nutrition services

With your doctor's referral, Kirby offers medically oriented individual and group nutritional health counseling.

Our registered dietitians perform thorough, individualized nutrition assessments and develop well-balanced nutritional and lifestyle goals for patients with a variety of conditions. They also provide one-on-one counseling sessions for weight loss, diabetes and heart disease for all ages. Topics covered during initial and follow-up sessions include:

- Meal planning
- Food choice reviews
- Recipe modification
- Weight change monitoring
- Label reading
- Behavior modification techniques
- Vitamin and mineral recommendations

A session with a dietitian will help you better understand your nutritional needs and how to make appropriate lifestyle choices. Areas of nutrition therapy include:

- Cardiovascular Disease (including High Cholesterol, Hypertension, Anticoagulation Therapy and Congestive Heart Failure)
- Kidney Disease
- Diabetes
- Nutritional Management of Cancer
- Gastrointestinal Issues
- Wellness and Prevention Services
- Food Allergies
- Prenatal and Postnatal Nutrition
- Sports Nutrition
- Weight Loss/Gain

Diabetes Self-Management Education (DSME)

Achieve blood glucose control and increase your knowledge for diabetes self-care

DSME is a complementary service to medical nutrition therapy and may be ordered by your physician at the same time as medical nutrition therapy to focus on the management of diabetes. Accredited by the Academy of American Diabetes Educators, Kirby Medical Center's DSME program provides overall guidance on all aspects of diabetes self-management to achieve hemoglobin A1c goals and develop superior skills for diabetes self-care. Research indicates that MNT combined with DSME improves outcomes and decreases complications of diabetes. Initial and follow-up training is offered. Please contact (217) 762-1830 for more information.

Fresh Start

Lose the weight for good with our clinically proven program

If you find yourself needing more support than your average diet guidelines give you, Fresh Start can help you make needed lifestyle changes with a focus on medically supervised weight loss and behavior modification.

Fresh Start is a proven clinical weight loss program that provides education, health assessments and nutritional counseling, as well as screenings for and treatments of obesity-related conditions. Fresh Start follows the Ideal Protein® nutritional plan in four phases and provides exercise and physical activity resources, support groups, psychological counseling, recipes and reading material – all of which help you stay on track with your personal weight loss goals. During the first phase of Fresh Start, patients also participate in the Get Fit program.

There are no quick fixes when it comes to weight loss, and weight loss is a very personal experience, but we can help you determine goals, provide tools and offer support as you begin a new journey toward a healthier you.



Get Fit

Start moving to achieve better overall health

The Get Fit program is designed for those who are intimidated by exercise, have had lengthy absences from exercise, or simply want to get in better shape. The Get Fit workouts have the same principles as our CrossFit program, except we will focus mainly on metabolic conditioning with scaled-down weights or bodyweight movements. This program is also ideal for those individuals in Kirby's Fresh Start weight loss program and Diabetes program.

Get Fit begins with a one-on-one goal-setting session with an exercise specialist, where you'll set specific goals designed to reach your full potential. You will do a brief movement evaluation to determine what exercise options will fit you best, and you will also have access to a free consultation with one of our registered dietitians during your time in the Get Fit program.

Get Fit classes are held on Tuesdays and Thursdays at CrossFit KMC, located on the Kirby Medical Center campus. Call (217) 762-1520 or email crossfitkmc@kirbyhealth.org for more information and to set up a free, no-obligation initial consultation.