



### **Baylor Health Care System Mission**

Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

### **Baylor Tom Landry Fitness Center features:**

- a 7,000-square-foot strength and conditioning training room
- a 3,300-square-foot cardiovascular training room
- lush 7-acre, secured park
- two racquetball courts totaling 1,600 square-feet
- two aerobics studios with Neo-Shock suspended flooring
- Pilates studio
- Yoga studio
- 800-square-foot spin room
- multi-sport training area
- 1/10-mile indoor track, 1/4 mile and 1/2 mile outdoor trails and an outdoor 70-meter, four-lane straightway
- more than 100 group exercise classes per week
- luxurious locker rooms with full size lockers and a lounge area
- Kid's Clubhouse
- private showers, steam room, sauna and whirlpool
- towel and laundry services

## **Baylor Tom Landry Health and Wellness Center**

The Baylor Tom Landry Health and Wellness Center\* is a comprehensive, multipurpose facility dedicated to physical health, fitness and rehabilitation. Opened in January 1991, the 320,000-square-foot complex is home to numerous fitness specialists and physicians on the medical staff at Baylor Dallas. The Baylor Tom Landry Health and Wellness Center comprises the following:

### **BAYLOR TOM LANDRY FITNESS CENTER**

With a membership of more than 7,000, the 105,000-square-foot Baylor Tom Landry Fitness Center is one of the nation's largest medically-based physical health and fitness centers. The center offers a nationally recognized program for senior adults, known as the 50Plus program; lifestyle change programs, such as the weight management program; CPR training; exercise classes for all ages and fitness levels; multi-sport training; and personal training and fitness assessments.

### **AQUATICS CENTER**

Located within the Baylor Tom Landry Fitness Center, the Aquatics Center features a 25-meter, 10-lane indoor competitive lap pool with a water temperature of 83° F and a four-lane, warm-water exercise pool with a temperature of 89° F, as well as equipment, including an underwater treadmill, underwater digital video cameras and heart rate telemetry monitoring. The center offers an adult fitness swim program, seniors' exercise classes, children's swimming lessons, aquatic exercise, community aquatic arthritis classes, pre-natal exercise classes, lifeguard certification, CPR and AED training, and aquatic personal training.

### **BAYLOR MOTION & SPORTS PERFORMANCE CENTER**

Part of the Baylor University Medical Center at Dallas Department of Orthopaedics, the Baylor Motion & Sports Performance Center is one of only a handful of laboratories in the country designed for both clinical investigation and sports performance assessment. Housed in the Baylor Tom Landry Health and Wellness Center, the center specializes in the analysis and interpretation of human movement using the advanced technology of high speed digital motion capture cameras. The movement of athletes or patients can be recorded and analyzed to maximize athletic performance or to research various medical conditions. The center is currently involved in clinical research studies and has been named as a high performance testing center for U.S. Track & Field.

### **CARDIAC REHABILITATION CENTER**

An extension of Baylor Dallas' nationally recognized cardiovascular program, the Cardiac Rehabilitation Center located within the Baylor Tom Landry Health and Wellness Center, focuses on preventive cardiology and advanced therapy and cardiac rehabilitation research. Staffed by a multidisciplinary team of physicians, nurses, nutritionists, social workers and exercise physiologists, the center's unique programs are tailored to meet individual patient needs.

Advanced testing equipment examines cardiac capabilities and measures stress. A specially-designed cardiac telemetry monitoring system allows patients to participate in advanced forms of exercise, such as racquetball, swimming and basketball, while still being monitored by cardiac technicians. Educational instruction and behavior modification is provided for both cardiac patients and their families.

### **PHYSICAL THERAPY SERVICES**

The Baylor Rehabilitation System Outpatient Therapy Clinic provides specialized physical and occupational therapy for all individuals, including those with sport and work related injuries that need to return to a more physically demanding level of recovery and activity. Sports-trained physical therapists and certified athletic trainers staff the center.

### **FOR MORE INFORMATION, CONTACT:**

Baylor Health Care System  
Marketing/Public Relations  
2001 Bryan Street, Ste. 750  
Dallas Texas 75201  
Phone: 214-820-3055  
Fax: 214-820-4697

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

1 - 800 - 4 BAYLOR



## HISTORY

In the late 1970's, J. Pat Evans, M.D., then team physician for the Dallas Cowboys, presented an idea to Boone Powell, Sr., former president and chief executive officer at Baylor Dallas. His dream was to build a sports medicine facility that would provide a medically based fitness center for medical treatment and rehabilitation of sports related injuries as well as preventative physical conditioning. Nearly 20 years later, the Baylor Tom Landry Health and Wellness Center, the only facility to which former Dallas Cowboys head coach Tom Landry ever lent his name, opened for operation.

*\*The Baylor Tom Landry Health and Wellness Center is part of Baylor Health Enterprises.*

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community, or affiliated medical centers and are neither employees nor agents of those medical centers, the Baylor Tom Landry Health and Wellness Center or Baylor Health Care System.*

*© 2008 Baylor Health Care System. All rights reserved.*