

GET N FIT



WANT TO START EXERCISING BUT NOT SURE HOW TO START? NEVER EXERCISED AND NEED SOME GUIDANCE? NOT INTERESTED IN INVESTING IN A GYM AND WANT TO DO AN EXERCISE PROGRAM FROM HOME? THIS PROGRAM IS FOR YOU! **GET N FIT** IS TARGETED FOR ADULTS WHO ARE READY TO START AN EXERCISE PROGRAM.

THROUGH **GET N FIT**, YOU'LL WORK WITH A CERTIFIED ATHLETIC TRAINER WHO WILL CUSTOMIZE A FITNESS PROGRAM TO MEET YOUR NEEDS. THE INITIAL SESSION WILL INCLUDE A PRE-FITNESS TEST ASSESSING:

BODY COMPOSITION (BMI, GIRTH MEASUREMENTS, BODY FAT TESTING)

BALANCE (SINGLE LEG BALANCE TEST—TIMED)

FLEXIBILITY (SIT AND REACH, HAMSTRING 90/90 TEST)

STRENGTH (PUSH UPS, SIT UPS, SQUATS)

CARDIOVASCULAR ENDURANCE (3 MINUTE STEP TEST)

RESTING AND TRAINING HEART RATES

AN INDIVIDUALIZED FITNESS PROGRAM WILL BE DEVELOPED TO PERFORM AT HOME. GOALS WILL BE SET AND FOLLOW-UP VISITS WILL BE SCHEDULED TO RE-ASSESS GOALS, TO PROGRESS THE PROGRAM, AND TO ACKNOWLEDGE MILESTONES.

INITIAL SESSION

HOURLY AND A HALF FOR \$50.00

FOLLOW-UP VISITS

30-45 MINUTES FOR \$25.00 EACH

PLEASE CALL FORT HEALTHCARE THERAPY & SPORT CENTER WITH ANY QUESTIONS OR TO SIGN UP FOR THE PROGRAM.

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