

## Bodies in Motion and Awareness

**An Educational Fitness Program** designed to prevent or better manage weight and related medical conditions.



- ★ Do you want to be fit and healthy?
- ★ Do you know why exercise is good for you, but you struggle doing it?
- ★ Do you struggle with getting your health in balance?

If you answered YES to any of the questions above, this program may be right for you!

### This program provides the following:

- ★ Individual assessment with a Physical Therapist
- ★ Risk Factor and Body Fat Analysis
- ★ Weekly group coaching
- ★ Weekly strength, endurance, and flexibility training
- ★ Weekly educational sessions
- ★ Individual physical fitness guidelines
- ★ Pedometer, Polar Heart Rate Monitor and log

You can reduce your risk of heart disease and diabetes, and better control your blood pressure, blood fats, and blood sugar.

# cost

**Mondays 6:30 to 8:00 PM**

**\$80** 1-on-1 fitness evaluation with a Physical Therapist (may be covered by insurance)

**\$60 per month** plus one **FREE** month with 6 month purchase

**FREE** gym membership for all participants and \$30 for their support person.