

## The Fit For A Healthy Life Program



### Live Pain Free

The Fit For A Healthy Life Program is a comprehensive ten one-hour personal training sessions that will help you to...

#### **Resume normal, everyday activities with comfort**

Climbing stairs, bending, sitting, standing, reaching, lifting, etc.

#### **Return to the activities you use to enjoy**

Piano playing, gardening, dancing, jogging, hiking, bowling, ect.

#### **Prevent potential or reoccurring injuries**

Sports, recreational, work related, etc.



### The Fit For A Healthy Life Program has three components

#### Assess



Determine your flexibility, posture, core strength and neuromuscular control. Assess what muscles are over and under active. Helps to develop an effective plan that will:

- **Enhance your athletic performance**
- **Reduce sports-related injuries**
- **Prevent pre-mature aging**
- **Improve the quality of your daily activities.**

#### Correct



Based on information from your assessments an comprehensive fitness program will be planned and implemented that will:

- **Release the adhesions in your tight and over active muscles**
- **Lengthen your tight and over constricted muscles, and**
- **Activate and strengthen your weak and under active muscles.**

#### Educate



You be shown how to do specific and targeted foam rolling; stretching; activation and strengthening; and movement reeducation exercises that you can do at home that will help you to:

- **Attain and retain good muscle and joint health; and pain-free movement**

The Fit For A Healthy Life program will be given by John Maccari. John has been a personal trainer since 1991 and is an avid student of Chi Gong. He has successfully provided personal training to his clients ranging from teenagers to adults in their seventies

The cost of Ease-Up's "Fit For A Healthy Life Program is \$950.00. But Ease-Up is offering you a special discount of \$100.00 if you purchase a \$850.00 payment plan (Can be paid in 3 installments—\$283.00 a month). The "Fit For A Healthy Life" payment plan includes:

1. **one-hour postural and movement assessments;**
2. **individualized and targeted exercise video and pdf instructions;**
3. **nine one-hour individualized personal training sessions; and**
4. **home exercise equipment (foam roller, stretching rope, exercise ball, resistance bands, and self-massage tools)**

