



**LOOKING FOR 1-ON-1 HELP WITHOUT THE COST??** Well our small group sessions are just for you! Our trainers will give you one-on-one interaction to help you recover from your particular injury or enhance your current fitness. Your warm-ups, work-outs and cool downs will be individually geared to your specific needs and goals.

**Exercise Rehabilitation & the Benefits:**

- You will reduce your risk of future re-injury
- You will gain confidence on the best mode of exercise for your particular needs
- You will become a stronger individual with more energy to spare at the end of the day
- You will feel great!

Whether you have a back injury, ankle, knee etc. we are here for you! Our trainers collaborate with highly trained and knowledgeable professionals on staff to bring you an overall educational and rehabilitative experience! Information on topics such as nutrition, stress management, injury prevention, sleeping and more will also be provided and you will receive monthly newsletters to keep you up to speed on the newest information on health and fitness out there!



Book early to reserve your spot! Take advantage of this unique opportunity and we look forward to working with you!

Our goal is to help you on your path to regaining full functional movement and live life to the

**What's Included in the Package:**

- Initial consultation
- Personal training plan for 8 weeks
- 1x, 2x, or 3x / week 45 minute workouts
- Final consultation

fullest!



**Contact Us:**

Please contact Active Chiropractic Family Health Center at [613-732-9215](tel:613-732-9215) or visit our website at [www.active-chiropractic.org](http://www.active-chiropractic.org) for more information!