



Essentials of Health and Fitness:

A comprehensive 10 – week program designed to provide people with the basic tools needed to live a healthier, more active life.

A team of community leaders are working together to provide a special program to help promote healthier lifestyles throughout NE Indiana. This program was developed as an affordable opportunity to help you achieve this goal!

TEN WEEK TRAINING PROGRAM

COST - \$ 159.00

Includes entry into 2011
Fort4Fitness Festival !!

CLASSES START –

Saturday, Feb 19

TRAINING – Twice Weekly

Feb 22 – Apr 26

HOSTED AT THE ASH CENTRE

LIMITED NUMBERS ACCEPTED

FOR MORE INFORMATION

Justin Springer

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REGISTER ONLINE - www.fortwaynestrengthandconditioning.com

ESSENTIALS OF HEALTH AND FITNESS



Package Includes:

- An initial and final fitness screening completed by Justin Springer, CSCS and Dr. Heath Nagel, DC, CCWP
- Individualized plan of correction for all imbalances and deficiencies noted in the exam
- 20 Group Training Sessions
- Dinner Presentation: *Psychology of Success: Making Lasting Behavioral Changes* by Dr. Heath Nagel, DC, CCWP
- Presentation: *A Recipe for Better Health: Simple Steps for Busy People* by Jill Sell, RN
- Presentation: *Fit Kids!: Creating A Healthy Attitude from Childhood* by Justin Springer, CSCS
- Presentation: *Essentials of Health and Fitness* by Justin Springer, CSCS
- Running Evaluation and Proper Shoe Fitting
- Entrance into the Fort 4 Fitness 4 mile, 10 K, or ½ Marathon



A \$1,045.00 VALUE

FOR ONLY \$159 / PERSON!!!!

“Fort4Fitness proudly recognizes
the efforts of the Essentials of Health and Fitness program.”

