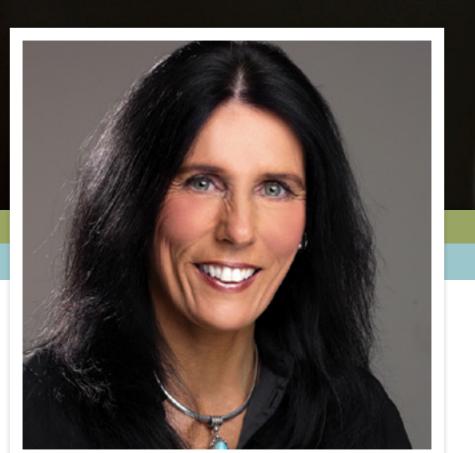
YOUR BODY AND PERSONAL TRAINING



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Personal training is truly an investment in one's own health and well-being. What are the benefits of working with a personal trainer?

STRESS REDUCTION

- IMPROVE POSTURE

— ADD LEAN MASS

IMPROVE CORE STRENGTH

IMPROVE METABOLISM

CHANGE BODY COMPOSITION

IMPROVE BALANCE

INJURY PREVENTION

Accountability & Motivation ° Personalized Programming Learn New Things ° Diet Help ° Injury Prevention Proper Technique And Form ° Maximize Workout Time Develop A Routine ° Push Your Limits ° Results

