



One to One Training- **LifeWise™**

For individuals who desire personal supervision and accountability, Dr. Ruiz will meet with you on a scheduled one-on-one basis. Programs are available for all ages and fitness levels. Programs are designed to fit specific goals and needs and each personalized program is generated after a complete scientific evaluation of the client's current physical state.

With the guidance of a knowledgeable and experienced exercise physiologist, your wellness program will reduce the risk or improve conditions such as, high blood pressure, diabetes and heart disease. Regular exercise not only helps control weight; it also helps build and maintain healthy bones, joints and muscles as well as promoting psychological well-being. The concept of being "in shape" becomes synonymous with being "in good health."

The LifeWise™ program will provide you with an individualized plan tailored to meet your personal goals. Examples include:

- General Fitness
- Fall Prevention / Balance Improvement
- Running Programs
- Sport Specific Training
- Joint Strength/Stability
- Back /Abdominal Strength
- Pre/Post Pregnancy
- Return from Injury
- Other custom tailored programs

Ages- 8- any

Program Duration- 8 Weeks

Time- 30 min per session

Fee-

- 2 Sessions Per Week Member- \$199.00 All Ages
- 2 Sessions Per Week Non-Member-\$250.00 All Ages
- 1 Session Per Week Member- \$99.00 All Ages
- 1 Session Per Week Non-Member-\$150.00 All Ages

Name _____

Address _____

Phone _____

For Office Use Only:
Date _____
Fee _____
Payment Method _____
Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Dr. Ruiz) if you have questions or to schedule your first session.