



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:

- Weight loss and Maintenance
- Running Programs
- Balance Improvement
- Sport Specific Training
- General Fitness
- Back Care
- Return from Injury
- Other custom tailored programs

Ages- 8- any

Program Duration- Ongoing

Time- 30 min per session

Cost- Member per month: 1 x per week \$50.00 / 2 x per week \$100.00 / 3 x per week \$150.00

Non-Member per month:

Youth = 1 x per week \$69.00 / 2 x per week \$119.00 / 3 x per week \$169.00

Young Adult per month= 1 x per week \$79.00 / 2 x per week \$129.00 / 3 x per week \$179.00

Adult per month= 1 x per week \$89.00 / 2 x per week \$139.00 / 3 x per week \$189.00

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:

Date _____

Fee _____

Payment Method _____

Staff Name _____

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