



## News

### Spring 2006

---

#### **EQUIVITA Continues to Grow!**

We'd like to introduce the newest team members to EQUIVITA.

Jessica Reese, Fitness Trainer, is able to listen, assess, teach, and maximize your program to meet your changing needs. Through her experiences in athletics and working in the medical field she brings the perfect blend of knowledge and support to ensure you a customized workout regime personalized to your goals and body needs.

Cheryl Harris, Licensed Massage Therapist, has practiced many years as a therapist and during that time has honed her skills to provide the balance between relaxation and therapeutic massage. Her ability to see each client as unique, with specific needs, and to tailor every massage for the individual makes her a great addition to the EQUIVITA team.

#### **Special Massage Offer**

To help introduce Cheryl, we are offering any 1-hour massage with Cheryl for a reduced rate of \$45. This is a \$15.00 savings. In addition, if you complete a short survey following your massage, we will give you a \$10.00 coupon towards your next massage. This offer is limited to her first 100 massages. Call 614.298.8781 to schedule your appointment today. Call 614.298.8781 to schedule your appointment today.

#### **Fit U Classes**

Have you attended any of our free educational classes offered on Saturday mornings? Our next class, The Value of a Fitness Assessment on Saturday, April 15, 2006 would be a great place to begin. This foundational class will give you the answers to the questions about what is so unique about the EQUIVITA assessment and fitness training process. This course will explain why we do what we do. It will provide you information about what is typically used in the fitness field for assessments, how these measures are supposed to be conducted, and what should be done with the results. You will learn the pros and cons of fitness assessments and how to use the information to determine what's

best for you. try our other classes too. These lively one-hour discussions held from 10:00 am – 11:00 am provide you with research-based fitness information in understandable ways that apply to you and your body. These seminars are not limited to EQUIVITA clients, so bring your friends. Visit our web site at [www.equivita.com](http://www.equivita.com) for information on the schedule of the classes, as well as for access to the handouts of the previous classes. Questions? You can email us at [info@equivita.com](mailto:info@equivita.com).

### **Fitness Assessments**

Did you make that New Year's Resolution to take control of your health, and still haven't acted on it? Or did you start and haven't been able to change your habits? Let us help you learn through a fitness program that works for you, your body, and your goals. It begins with a Fitness Assessment. The unique EQUIVITA approach to a Fitness Assessment begins with a comprehensive evaluation of your current state of posture, biomechanics, flexibility, circumferential measurements, and exercise history. During this 2-hour (When was the last time you spent 2 hours with a health professional for your preventative health?) assessment we will teach you about the five keys of fitness and help you to decide which areas you want to emphasize. Your body's muscle and bone structure do affect how and what exercises you should do, and we will help you to learn about what's best for you.

With the knowledge from the assessment, you and your Transitional Fitness Trainer will develop an exercise plan that makes sense. Your plan will be designed for your goals and tailored to your life. The typical challenges to fitness will be addressed and by maintaining the focus on what is right for you, you will have a plan to better avoid these hindrances. Call us to schedule your assessment today at 614.298.8781.

### **Community Events**

The supportive community environment within EQUIVITA extends beyond the walls of our building. In March, during our annual Mardi Gras Party, EQUIVITA clients donated over \$233 to the Katrina Resettlement Project, St. Stephen's Community House in Columbus, serving over 120 families in Central Ohio. We also donated 50 Fitness Assessments to WCBE 90.5 FM during their 50<sup>th</sup> Anniversary Celebration. Look for us in the upcoming WOSU.TV 34 Go! Auction April 27 - 29, 2006 or May 4 - 6, 2006. We have donated a Wellness Package for Two. Proceeds from the auction benefit the educational programming of WOSU.TV. Stop in for a free cup of coffee or tea at the EQUIVITA CafÈ to discuss these activities, to suggest your own, or to use the internet for free. We look forward to our continued support of EQUIVITA clients and their interests.