



EQUIVITA TRANSITIONAL FITNESS SERVICES

Initial Fitness Assessment

The unique EQUIVITA approach involves a team of professionals that work with your level of care at the center. At the conclusion of this comprehensive assessment, we have a clear understanding of your current state of wellness and combine it with your vision of a "healthy you" to create an individual Transitional Fitness Training Program. This inclusive assessment ensures a program that will work for you, regardless of where you start.

Transitional Fitness Training

This unique approach focuses on you - your body, your goals, your comfort. Originally designed as a transition from physical therapy and based on the five fitness keys, this customized training program has proven more effective than personal training. It will transform your daily function and enhance your lifestyle.



CONTACT US

Contact us to schedule your initial Fitness Assessment and to develop a customized Transitional Fitness Training Program. You can also take advantage of our other services, including massage therapy, free educational health and fitness seminars, free newsletter, and online support. Call or stop by the EQUIVITA Cafe to begin to experience a difference in your life. Take the next step to a healthier you.



Experience the Joy of Wellness

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AFTER REHAB WHAT'S NEXT?



GETTING BACK TO LIFE

Surgery? Injured on the job? Hurt playing sports? Physical Therapy? Can't do what you want to do physically? Transitional Fitness Training is a model that creates the right environment to help you to get back to living. EQUIVITA can support you to define and achieve your health, fitness and life goals.



The EQUIVITA Difference

JOY OF WELLNESS

"I want to alleviate my back-pain." "I want to lift my grandchild." "My knee injury prevents me from running." "I want to stay active through my chemotherapy and surgery." "I still don't feel strong after physical therapy." Our driving force is our desire to assist you to experience the joy of wellness. The joy of wellness happens when you regain an ability you have lost or when you realize you can do things you never thought possible. There is joy - great joy - in these feelings and helping you achieve this is our passion. We want you to experience the joy of wellness.

WELLNESS

Wellness is not easily defined and is different for each individual. The way to achieve it is the same: Accept where you are. Decide where you want to be. Design the plan to get there. Act.

The state of wellness is not only a place without illness, but also feeling good. For some, it is the ability to touch their toes without back pain. For others, it is the ability to run a marathon. Others just want to climb steps without knee pain. Whatever the goal, the process involves balancing the five keys of fitness.

FIVE FITNESS KEYS

There are five keys to physical fitness:

- Resistance Training
- Cardiorespiratory Training
- Flexibility
- Nutrition
- Rest

You need a program that is based on your goals, your body needs and your comfort.

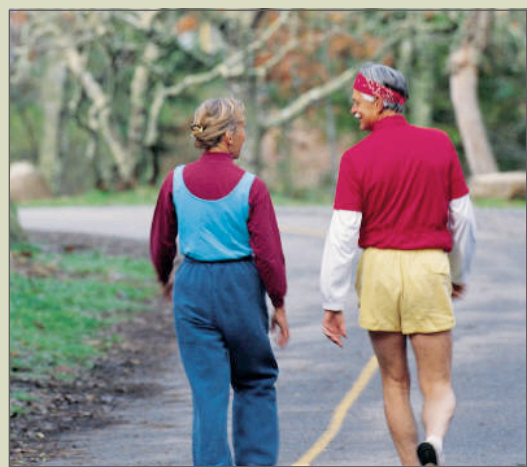
HEART

At the heart of EQUIVITA is a professional staff of Transitional Fitness Trainers and Massage

Therapists, each with specialized knowledge about the five keys to fitness. They are ready to listen, assess, teach, and maximize your ever changing balance of body, mind and goals. We can ensure you a customized fitness regime personalized to your goals and body needs. It works because you are the center.

BENEFIT

The body's goal is efficiency, that is, to perform an action in the easiest possible manner. However, efficient exercise means less calories burned. To achieve this, the body will use muscles that are already stronger and leverage connective tissue and joints to reduce the caloric expenditure. That is why we say that the greatest benefit is not in what you do, but the way you do it. It is important to get the most powerful impact from the time you devote to yourself and this can only be achieved with the right exercises, done correctly and within a supportive environment. EQUIVITA can help you take the next step after rehab to achieve your goals - to return to your daily life activities stronger and more confident.



TRANSITIONAL FITNESS

Transitional Fitness is a model that incorporates a variety of methods to create an environment that allows your body to change. Typical fitness approaches apply a pre-determined plan to your body with the goal of forcing your body to change. Unfortunately, the results from the forced approach are minimal and not lasting. The goal of Transitional Fitness is to work with you and your body to find the balance. Transitional Fitness starts with your body as it is and develops a plan for where you want to be.

