Top 10 Things a Certified Personal Trainer Can Do for You

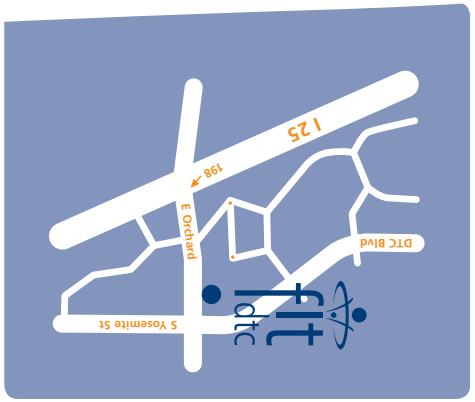
Working with a trainer is one of the fastest, easiest and most successful ways to improve your health and fitness. Consider the following things a personal trainer can help do for you and your fitness program:

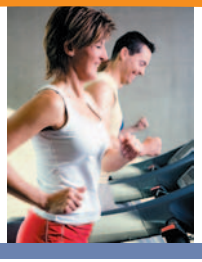
1. Improve Your Overall Fitness.
2. Reach or Maintain a Healthy Weight.
3. Motivation to Stick to It.
4. Focus on Your Unique Health Concerns.
5. Find the Right Way to Work Out.
6. Stop Wasting Time.
7. Learn New Skills.
8. Enhance Your Mind, Body and Spirit.
9. Benefit From the Buddy System/ Training Partner.
10. Take Charge of Your Program.

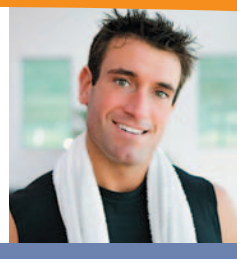
With the right trainer, you can find the exercise program that works best for you.

Return Postal Address:

8775 East Orchard Road
Suite 819
Greenwood Village, CO 80111







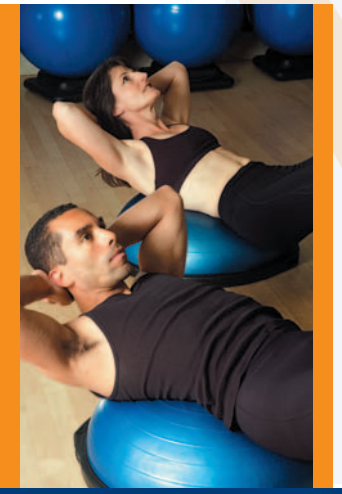
fit dtc

getting fit gets personal

8775 East Orchard Road
Suite 819
Greenwood Village, CO 80111
(303) 792-9899
www.fitdtc.com

Why FIT@DTC?

- 24 x 7 hour access to the gym and certified personal trainers
- One-on-One customizable fitness programs
- Everyone has access to a personal trainer and fitness program
- Over 2000 square feet including open floor space and shower room
- Security systems with panic buttons and video surveillance
- State-of-the-art fitness equipment including:
  - CYBEX weight resistance machines
  - Parmount Dual Stack Functional Trainers
  - Cybex Cable Cross w/multiple attachments
  - Plate Loaded Smith Machine and Full Bench/Squat Racks
  - Dumbbells and assorted Benches
  - **Functional Training equipment**: Plyometric Boxes, Resistance Bands, Stability balls, Medicine balls
  - Precor Treadmills
  - Precor Ellipticals
  - Precor Recumbent Bicycles
  - Precor Upright Bicycles
  - Concept II Rowers



Services & Programs at FIT@DTC

- Weight Management
- Small Group Fitness
- Heath Risk Management & Assessment
- Nutritional Counseling

- Prenatal & Postnatal Fitness
- Rehabilitation Fitness

- Sport Specific Training
- Mental Peak Performance/Stress Resiliency
- Wellness Coaching

- Bootcamp Fitness Program
- Makeover Fitness Program
- Wedding Day Fitness Program

- Junior Athlete Fitness Training Program
- Senior Fitness Training Program

- Corporate Fitness

Top 10 Considerations in Choosing a Personal Trainer

When looking for a personal trainer clients should consider the following:

1. Takes a personal interest in your success
2. Designs a program tailored to your individual needs, goals and health history
3. Tracks/monitors your progress at every session
4. Nationally recognized personal training certification
5. Carries out initial health screening and fitness assessments
6. Personality/Professionalism
7. CPR/AED certification
8. Education
9. Experience
10. Professional Liability Insurance

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