## *INVEST IN YOUR HEALTH*

**Phase 1: 12-week program – $295**

During the first week, you will meet with an exercise specialist for a one-hour fitness evaluation that will include goal setting, mobility and weight loss assessments and reviewing the results.

Over the next 10 weeks, you will have 30-minute exercise sessions with an exercise specialist (one session per week). At each session, you will:

- Complete an individualized exercise program to help reach your goals
- Have your heart rate monitored
- Discuss your goals
- Use weights, cardiovascular training and mobility exercises to promote weight loss
- Receive a take-home exercise program specific to your needs

You will also be able to communicate with an exercise specialist via email outside of your training time to keep you on track and motivated to succeed.

Your final week will conclude with another fitness evaluation, where an exercise specialist will again assess your mobility and weight loss and compare the results with your initial assessment in the first week. You will then review Phase II of our program to determine what options are best for you.

Personal training appointments are available:
Monday–Friday 6:30 a.m.–3:30 p.m.
Saturday 7 a.m.-4 p.m.

# POWER

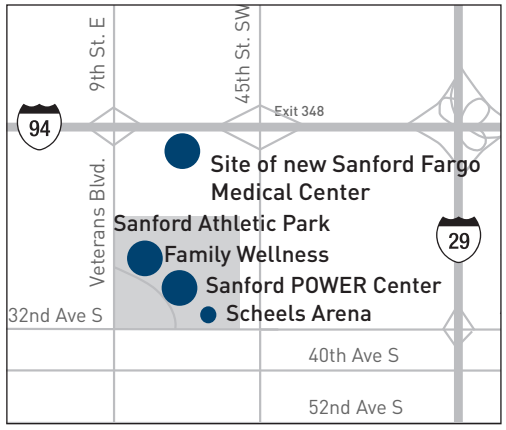
SANFORD HEALTH

## *POWER CENTER HOURS*

Monday-Thursday: 5:30 a.m.–10 p.m.
Friday: 5:30 a.m.–8 p.m.

Saturday:
Labor Day – Memorial Day: 7 a.m.–4 p.m.
Memorial Day – Labor Day: 7 a.m.–2 p.m

Adam Krueger direct phone: (701) 234-7910
Appointment phone: (701) 234-8999
E-mail: adam.krueger@sanfordhealth.org




**SANFORD POWER**
2990 SETER PARKWAY
FARGO, ND 58104
(WEST OF THE SCHEELS ARENA)

***(701) 234-8999***

1200-12920-0050 9/14

# SANFORD POWER MEDICAL WEIGHT LOSS EXERCISE PROGRAM
# STRONGER.*SAFER.*SMARTER.

At Sanford POWER we offer activity specific weight loss training that incorporates the latest in strength development, metabolic training and injury preventative mobility exercises. Our exercise specialists offer individual training tailored to your personal goals in a one-on-one or group setting.

## POWER OF PERSONAL TRAINING

Only you can decide to start and become active. When you do, you will begin to see and feel the power of slight adjustments for significant changes. Our elite team has the experience you deserve. With a number of specialists who hold multiple certifications, master's degrees and years of experience, we can help you in your journey. We train to maximize your body's efficiency to generate results in a facility like no other.

## SANFORD POWER CENTER

The 24,000-square-foot facility features innovative amenities, new and improved programming, advanced cardio equipment, free weights and other specialized equipment. Sanford POWER is the ideal location for individuals to enhance their weight loss and fitness goals.

## BENEFITS OF OUR MEDICAL WEIGHT LOSS EXERCISE PROGRAM

Our program is designed to enhance your success with weight loss

- Individualized exercise program to fit your lifestyle
- Motivation to successfully adhere to a weight loss program and achieve your goals
- One-on-one, face-to-face sessions with an exercise specialist
- Increased muscle activation to boost your metabolism
- Increased energy to perform normal daily activities
- Ability to try new activities once thought too difficult
- Improved self-esteem, posture, energy and strength
- Better ability to cope with stress
- Increased flexibility and Range of Motion to help reduce daily joint and muscle pains
- Proper exercise prescription decreases injuries that may occur at work or the home