



**fresh start**  
EXERCISE



*It's never too late  
to make a Fresh Start*

*Let us help you  
to make yours*

23 Mountain Boulevard, Warren NJ 07059

Call 908 591 4868 for more information

shares new facility with

Physical Therapy Unlimited

[www.ptunlimited.com/fresh\\_start](http://www.ptunlimited.com/fresh_start)

*finally...  
an approach to exercise and fitness  
that is completely different*

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### **What is Fresh Start Exercise?**

The FSE program provides the means, support and supervision necessary to become physically active again.

How?

By designing programs that are gentle, effective and individualized based on each person's starting points of flexibility, balance, strength, and endurance.

### **What Fresh Start Membership means**

- Initial and ongoing fitness evaluation and assessments
- "Personal trainer" attention (without personal trainer cost)
- Availability to answer questions at any time during the program
- Month-to-month membership (with discounts for 2-12 month commitments)
- Fitness services to those with compromising medical conditions.
- Personalized programs by a physical therapist who understands those conditions.
- Appropriate supervision, guidance and encouragement at a reasonable cost.

The support and expertise to enable members to achieve a more active lifestyle despite limitations.



### **Who can Benefit?**

Fresh Start Exercise offers supervised and independent exercise programs for individuals who are any of the following:

- over 50
- post surgery
- recurrent injuries
- battling weight issues
- cancer survivors
- post therapy or rehabilitation
- tired of a sedentary lifestyle
- regular gym goers who have been injured exercising

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### **Costs**

#### SUPERVISED WORKOUT PLANS

1 month	( 12 sessions )	\$ 75
2 months	( 24 sessions )	\$ 140
6 months	( 72 sessions )	\$ 400
12 months	( 144 sessions )	\$ 650

- NO SIGN UP FEES
- NO AUTOMATIC BILLING
- NO CREDIT CARD REQUIRED
- NO LONG-TERM COMMITMENT
- THE FREEDOM TO GO MONTH-TO-MONTH

Full assessment provided by a physical therapist and updated often. Each session is designed specifically to meet your exercise goals and ability. Self Exercise Available - Please Inquire.

**Sign up now!**

