

PHYSICAL THERAPY TRANSITION



SPECIFICALLY DESIGNED FOR PHYSICAL THERAPY AND MEDICAL FITNESS PATIENTS

Our unique approach to health and wellness provides the supportive environment you need to achieve a healthier and more balanced life. From our advanced equipment, to the variety of programs and our professionally trained staff - every aspect of our performance center is focused on restoring the whole you.



Rejuv
MEDICAL

www.RejuvMedical.com

REBUILD. RESTORE. REJUV.

ACHIEVE TOTAL WELLNESS

Healthy Transitions is a program for patients who are finishing physical therapy at Rejuv Medical. Physical therapy clients can learn about continuing their recovery and enhancing their health in our medical fitness center. A team of professionals including; your therapist, a certified athletic trainer, a registered dietitian and a personal trainer will collaborate to create a customized and appropriate program. Our goal is to maximize your recovery and restore your zest and vitality.

Our program includes:

- 2 month membership to Rejuv Medical
 - Unlimited Gym Access - Studio Classes
 - Infrared Therapeutic Sauna - Infrared Hot Yoga
- Access to RejuvUniversity.com
 - Online classes to help you maintain your health and fitness goals
 - Train you to take charge of your own health and give you the knowledge to change the health of your family and friends
- Five 30-minute personal training sessions with a fitness professional who specializes in rehabilitative exercise.
- One session nutritional counseling with our registered dietitian



FOR
ONLY
\$250



Rejuv4Life

Optimize your health by naturally balancing your hormones using exercise and nutrition with our customized **Rejuv4Life** program.

This program is designed to:

- Maximize Healing
- Prevent Injuries
- Build Strength and Lose Fat
- Educate You on Life Long Nutrition

GET STARTED TODAY!

320.217.8480

WE LOOK FORWARD TO HELPING YOU
ACHIEVE TOTAL WELLNESS.