

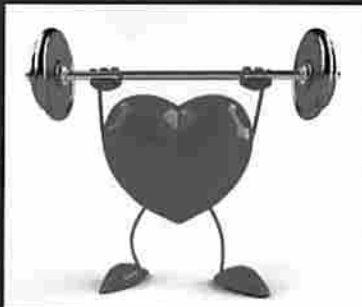
Exercise PHYSIOLOGY



1 on 1 training
consultations
lifestyle modification

REGULAR EXERCISE IMPROVES

- CARDIOVASCULAR HEALTH
- BLOOD SUGAR LEVELS
- BODY WEIGHT
- MUSCULAR STRENGTH
- JOINT AND BONE INTEGRITY
- STRESS LEVELS
- INDEPENDENCE!!



1695 Henderson Hwy
Winnipeg, MB
204.338.5252 ph
204.334.1948 fax

www.unitedtherapies.ca

Questions?
Email: kim@unitedtherapies.ca



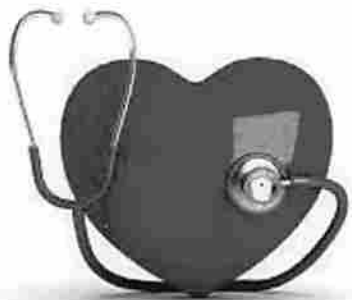
*Facilitating
Better
Health*

What does a Clinical Exercise Physiologist (CEP) do?

SPECIALIZES IN PHYSICAL ACTIVITY PROMOTION IN INDIVIDUALS
AFFECTED BY CHRONIC DISEASE

Proficiency in human physiology as it responds to exercise. Depending on health condition, exercise prescription is modified and tailored to physiological needs of the client.

THE CEP WILL USE THEIR EXPERTISE TO HELP CLIENTS LOSE/GAIN WEIGHT, IMPROVE AEROBIC CAPACITY, DECREASE HEART DISEASE RISK FACTORS SUCH AS HIGH BODY FAT, HIGH BLOOD PRESSURE AND POOR CHOLESTEROL LEVELS OR HIGH BLOOD GLUCOSE LEVELS.



WHO IS ELIGIBLE TO SEE A CEP?

Anybody who is affected by any Cardiovascular, Metabolic and Pulmonary health conditions such as..

Heart Disease, Heart Failure, Hypertension, Stroke, Type 1 and 2 Diabetes, Metabolic Syndrome, Obesity, Asthma, COPD, as well as, Arthritis, COPD, Osteoporosis, Low Back Pain, Balance/Fall Prevention and Pain Management

IF YOU HAVE THESE SIGNS & SYMPTOMS..

High blood pressure, High blood glucose levels, unhealthy body fat levels, joint and muscle pain, low bone density, shortness of breath and/or wheezing upon light physical activity, see a *Clinical Exercise Physiologist* today!

1 on 1 training geared towards YOUR needs!

The CEP conducts an individual health and fitness assessment to identify needs and establish what type of exercise program is suitable for you and monitors progression. In addition, CEP's can provide strategies to maintain motivation, make healthy lifestyle choices and achieve goals



Our Clinical Exercise Physiologist offers a range of services designed to promote healthy lifestyles and preventing health illnesses/conditions and networks closely with physiotherapists, massage therapists and chiropractors for referrals

Services

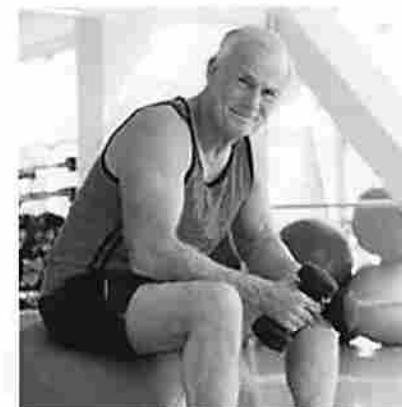
1 on 1 Training:

- Initial Assessment (1 hour) - \$70
- 1 Session - \$60
- 5 Sessions - \$275 (\$55/session)
- 10 Sessions - \$500 (\$50/session)

Healthy Lifestyle Modification Consultations:

- 1 session - \$70 (1 hour)
- 30 minute follow-up - \$47

*GST Included



Exercise is Medicine, Exercise is Life

Call Today at 204-338-5252 to book a session to get one step closer to a healthier you!