



WORDS FROM NATASHA- PERSONAL TRAINER

“Something my running coach once said that has always stuck with me is that the hardest part of a workout is getting out the door and showing up. I cannot tell you how many times I have personally experienced this! The biggest challenge people will encounter when it comes to exercising and maintaining a consistent routine is not their physical capacity, but their mindset. Just by showing up, you have won more than half the battle!

Whether you're just starting out, setting a new PR, or having an off-day, you showed up, did the work, and you should feel proud of what you have accomplished! I look forward to working along with you on your fitness journey!”

**ALL AGES,
ALL ABILITIES,
ALL FITNESS LEVELS!**



BEGIN YOUR JOURNEY TODAY

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ELEVATION HEALTH

PHYSIOTHERAPY | MASSAGE THERAPY | TRAINING



PERSONAL TRAINING



ONLINE TRAINING

Too busy to get to the gym? Always on the road? Living out of a suitcase or in another city? We have got a solution for you – online personal training!

Today's technologies allow us to be where you need us when you need us. Our web-based platforms allow us to coach you anywhere so you'll never have to worry about missing a moment of training!

Don't have a full gym set up? No problem! Programs are created with what you have on hand so there's no need to worry about purchasing any special equipment. We like to keep exercise as easy and accessible as possible!

ONE ON ONE TRAINING

We begin all Training Programs with the Personal Training 3 Session Intro Pack to start your fitness journey with us. The 3 session pack includes:

- Functional + Strength Assessments
- Goal Setting
- Workout History
- Your workout program (if you're doing the 4 week at-home self-guided program)
- Foundational exercises and Injury Prevention (for one-on-one training)

Your trainer will create a custom program based on feedback during these sessions that will suit you and your lifestyle while helping you to achieve your goals!

3 SESSION INTRO PACK \$150.00 +GST

Your training program options:

- 4 Week At-Home Program: **\$150.00 + GST**
- 1-on-1 training: (in-clinic, online, or both!)
1 session: **\$75.00 +GST**
- 5 Session Package: **\$275.00 +GST**
- 10 Session Package (our most popular!)
\$500.00 +GST

BODY TUNE UP

Are you recovering from an injury (or suspect you have one), but you want to start an exercise program?

The Body-Tune Up Package would be the solution! It combines the best of both worlds: Physiotherapy and Personal Training!

This package includes:

- An Initial Assessment with one of our Physiotherapists
- Intro to Personal Training 3 Session Pack
Your personal trainer will work with your physiotherapist to design a program that will incorporate exercises that will assist your recovery while achieving workout gains.

BODY TUNE UP \$250.00 + GST

GROUP PROGRAMING OPTION

Learn To Move is our 6 Week Group Education and Exercise Program intended to give you the foundational skills and knowledge to learn how to keep moving even if you have pain or mobility obstacles in your way. In this program you will have programming provided by both our Personal Trainer and our Physiotherapists.

6 WEEK LEARN TO MOVE PROGRAM \$150.00 + GST

"The Learn to Move fitness program ... has truly changed my life, stronger, more active and seeing numbers on the scale I haven't seen in years!!!"

Small Group Training- Group of 2 or more take off an additional 10%