



1 Client 1 Trainer 1 Goal

Dr. Reath and his staff take pride in providing the highest level of care to their patients, and are truly interested in the *overall health and well-being* of their patients. They realize that beauty on the outside starts with good health on the inside, and believe that a combination of regular exercise and great nutrition are important for you to get the best results from your procedure. That is why we are excited to partner with Dr. Reath to provide you the best in *private personal training and nutritional coaching*.

At Fitness Together, we specialize in helping people create a balanced approach towards exercise and eating that can be maintained for a lifetime. A few reasons our clients train with us include:

- **Privacy** - Each client exercises with a certified personal trainer in their own private, fully equipped suite. No waiting for equipment, unwanted stares, or feeling judged.
- **Accountability** - By combining the accountability of “exercise by appointment” with the knowledge and support of our experienced personal trainers, we can effectively help our clients develop and maintain a healthier lifestyle.
- **Fitness and Nutrition Together** – Using the principles of “Eat Healthy, Eat Often, and Eat Light” our trainers teach our clients how to safely lose weight while maintaining lean muscle. We also enlist the skills of a Dietitian for clients who have more in-depth needs.
- **Results** - Many of our clients have realized significant weight loss, lowered blood pressure, reduction in medications, improved sleep, increase strength, stamina and flexibility, and enhanced muscle tone from our program. While you are looking better on the outside, you are getting healthier and stronger on the inside!

Whether you are considering a procedure and need to lose weight first, or have completed your procedure and want to continue on your path of better health, I'd like to invite you to come and meet with us to learn about how our program can complement the great work of Dr. Reath and his staff. We will simply sit down, talk about your goals, perhaps go through a light workout, and see if our program makes sense for you. ***The consultation and session are complementary, and we offer a \$100 discount off any of our personal training packages for patients and prospective patients of Dr. Reath.***

To learn more about Fitness Together and to meet some of our success stories, visit our websites www.ftnorthshore.com or www.fthardinvalley.com . Feel free to contact me with any questions.

In health,

Andrew Henderson, M.S., ACE-certified personal trainer

Northshore & Pellissippi (865) 357-8663

Hardin Valley (865) 249-7630