



SportsFit Walk Run Training

Spring / Summer 2009

Mondays 7- 8 PM, May 4 - August 24

SportsFit Program

- Personalized instruction
- Promotes long-term lifestyle changes
- Create a plan that works for you
- Look and feel your best
- Trainers and fellow members help you to stay motivated and energized
- Stay healthy and vibrant
- Lose weight and trim fat
- Find Gift of Greatness within



Introducing the **SportsFit** Walk Run Training Program
From Aiello Group

SportsFit Walk Run Training is a method that leads to change, whether you are looking to increase your athletic performance and conditioning, or improve your functional health, fitness & vitality. **SportsFit** reverses the aging process, increase your energy and brings change to your body's physiology. Join us and renew your faith, confidence and belief that your body has the ability to heal and grow towards Health!!

How it works:

- Specialized drills and stretch exercises for speed, strength and endurance are customized for all fitness levels, from the walker to marathoners.
- Training is designed to prevent injuries using specific techniques that emphasize stretching and calisthenics and to develop proper gait and to reeducate the body's neuromuscular and biomechanical structures.
- With **SportsFit**, you set measurable and realistic goals resulting in weight loss, reduce body fat % and lower blood pressure.

Where and how can I prepare:

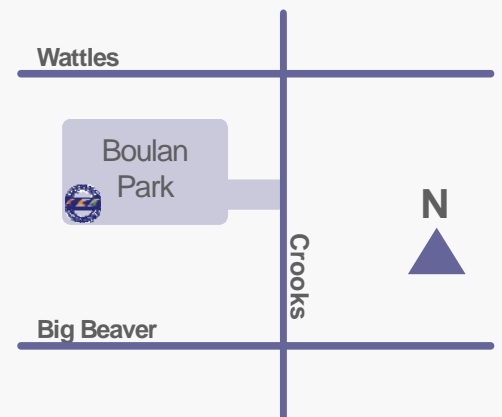
- **SportsFit** Training is at beautiful Boulan Park in Troy. West side of Crooks, between Big Beaver and Wattles. Running Track is located in the back.
- Come in comfortable running clothes and proper walk/run shoes. Bring water, towel, friends, and a big smile.

How to register:

- Call or come and see **SportsFit** Training staff at Aiello Group

Aiello Group Clinic Office
605 West 11 Mile Rd.
Royal Oak, MI 48067
Phone: 248-542-4314

- E-mail to: clinic@AielloGroup.org



Benefits of "Active Stretch"

- Increase metabolism
- Improve muscle tone
- Rehabilitate old injuries
- Helps to repair scar tissues
- Brings healing nutrients to ligaments and joints
- Dramatically improves speed, strength and endurance

Registration Fee \$99

Fee includes:



- 17 Sessions
- Pre and Post Health Assessment
- Aiello Group Field Bag
- Aiello Group Water Bottle
- Progress Tracking Chart

Also, you will receive special member invitation to.....

- Active Stretch Workshop
- Nutritional Coaching
- Finale BBQ Picnic

www.AielloGroup.org

Call for Pre Health Assessment 248-542-4314