

# EIT. HEALTHY. STRONG.



*ProCare Physical*

*Therapy • Fitness • Performance*

Your Life. Our Priority.



[www.ProCarePhysicalFitness.com](http://www.ProCarePhysicalFitness.com)

## Meet Dakotah Snyder

I joined ProCare Physical Fitness & Performance to get stronger and become a better athlete. I have gained a ton of strength and muscle. I dropped from 218lbs to 195. I have also become faster and more flexible.

The trainers at ProCare Fitness knew where my weaknesses were and helped me improve in those areas. The different programs and intensity of the workouts really pushed me to success. Training with ProCare has helped me become a 1st Team PHAC-II Pitcher! I have also excelled in wrestling since joining. I went from 16 wins to 32. I'm now a starting player in football, baseball and wrestling as a high school sophomore.

*“In one year Dakotah has gone from an average high school athlete to truly excelling on the field. His strength and body composure have changed dramatically, and I look forward to seeing his hard work in the weight room pay off on the field.”*

- Coach Joe