

**EIT. HEALTHY.
STRONG.**



ProCare Physical

Therapy • Fitness • Performance

Your Life. Our Priority.



www.ProCarePhysicalFitness.com

Meet Marie Ferro

For the past 4 years ProCare Physical Fitness has been a crucial part of my life. As you get older, you start hearing your friends talk about all their ailments and the medications they are taking. I wanted to be proactive to be fit and increase my strength. With ProCare's personal coaches I am motivated and equipped to live Fit.Healthy.Strong.

Coming to ProCare and working with my personal coach has improved my whole life. I used to have to take cholesterol medicine, now I am completely medication free. My heart is good, my lungs are good, I don't have arthritis and I don't have to take any pills. I have peace of mind knowing that I am in good health because I am taking care of my body. People are living longer now and I am committed to living well. I want to be as good as I can be at every age, plus, it's nice to hear "You're in great shape!"

I really look forward to coming to ProCare. It gives me energy for the rest of my day and puts me in a good mood! It makes me feel confident and lucky to be able to be so physical and maintain my active interests, like kayaking, hiking, biking, and traveling. I also get to have something in common with my son! He started going to the gym often, so, when he calls we share our gym stories!

The atmosphere at ProCare is never uncomfortable or unwelcoming! The trainers here at ProCare are great! They are kind and always willing to help! They don't judge or criticize, they offer knowledge and help. They make sure you are using the correct form, so you don't hurt yourself or do damage to your joints.

Come into ProCare and try it! Give yourself enough time to see the difference it can make for you!