

SRSRC and Fit-X San Diego present:

Pain Free Living

Weak knees? Achy back? Shoulder & Neck Pain?

Whether you suffer from overuse injuries or are a novice exerciser just getting started:

Learn what exercises will help you move freely throughout your day again.

Here's how to schedule your Pain Free Living Program Design:

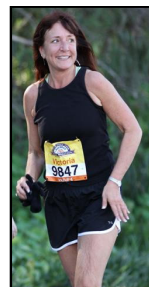
-Contact Vickie Hubbard at victoria@fitxsandiego.com to see if you qualify for this program.

-Upon completion of the assessment:

You will be scheduled for a follow-up session and fitness program Instruction/design which will address your under used/weak and overcompensating or tight muscles.

Just \$150 includes:

- Free assessment
- 2 one-on-one personal training sessions
- Program design: A plan to get you pain free
- Phone and email coaching for all your Q&A



"Live well at the speed of life!"

-Master Level Trainer and Group Fitness Instructor; Fit-X San Diego, 1999

-NASM Certified Personal Trainer, 1999

-ACE Certified Group Fitness Instructor, 1998

-Corrective Exercise Specialist; NASM, 2006 Specializing in knees, hips, low-back, and shoulders

-Continuing Education Provider-ACE, 2002

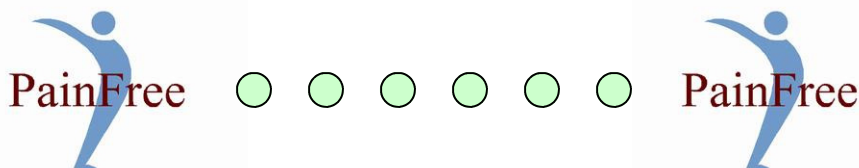
-Creates results and makes magic for the ageing fitness fanatic

-Devoted to enhancing health and wellness for special populations

-Avid participant in 8 local marathons and half marathons

-20 years of Fitness Industry Experience; 10 years as a Life Coach

-CPR and First Aid Certified



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Q-Life logo.

Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"