



## 1. Motivation

One of the main reasons people fail to commit to an exercise program is lack of motivation and the inability to stick with it. Our trainers are highly-skilled experts in the field and know how to provide the structure and accountability needed to help develop a lifestyle that encourages good health.

## 2. You don't know where to start

Knowing how to set up a complete exercise routine and an effective training schedule can be overwhelming. Our trainers have advanced education and experience offering the best in exercise and performance training. They will program a personal routine for you, choosing the correct exercises, sets, and reps.

## 3. Individualized Programs

If you have a chronic health condition, injury, or personal goal in mind, our trainers will work with you and your health care provider to plan a safe and effective program that meets your needs and enables you to reach your goal safely.

## 4. Focus

Our personal trainers will help you maximize your results in a short time by helping you stay focused and on track.

## 5. Improve motor skills

Training can help improve existing motor skills and reinforce new ones; thereby, helping you to become stronger, more fluid, and more coordinated.

## 6. You're one sneeze away from throwing out your back

Lack of exercise can lead to degenerative bone disease and muscle aches from performing simple tasks. Unsupervised exercises compound the problem. Our trainers are experienced in the techniques that can correct imbalances and strengthen weak muscles.

To make an appointment with an HSS Spine & Sport Trainer, call us at 561.253.8737. To learn more about our practice, visit us online at [www.hss.edu/spineandsport](http://www.hss.edu/spineandsport).