Personal Training

Personal Trainers Help You Improve

• Lean body mass (LBM) and decrease body fat
• Cardio-respiratory fitness level
• Flexibility
• Muscular endurance
• Muscular strength

Personal Training Packages

30 Minutes

1 session ............................................................................... $40
6 sessions ........................................................................ $210
12 sessions ..................................................................... $360

60 Minutes

1 session .............................................................................. $65
6 sessions ....................................................................... $360
12 sessions ...................................................................... $600

60 Minute with a Partner

1 session .............................................................................. $80
6 sessions ....................................................................... $390
12 sessions ...................................................................... $720
Healthy Eating

• Aim to fill 1/2 your plate with non-starchy vegetables such as spinach, broccoli, etc.
• Drink water or plain tea instead of sugar-sweetened beverages or juice.
• Eat breakfast daily.
• Choose fresh or frozen fruit instead of juice or dried fruit.

Dining Out - limit to once or twice per week

• Start your meal with a salad - ask for dressing on the side.
• Ask for steamed, raw or roasted vegetables.
• Choose dishes without creamy sauces.
• Avoid fried foods.

Physical Activity

• Aim for 30-60 minutes of physical activity at least five days a week.

For information, please call
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