



Pro-Activity Rehabilitation Associates, LLC

The Personal Wellness Experience

Whether you're on the road to recovery, making a lifestyle change, or training to be a champion personal wellness plays an integral part in getting you there. Pro-Activity's wellness team employs a multi-disciplinary approach utilizing the skill sets of medical professionals, health & fitness specialists, and coaches to address your personal needs, exceed your personal goals, and help you Maximize Performance Capacity .”

Our Functional and Performance

Training programs place specific emphasis on developing today's competitors into tomorrow's champions.

These sport-specific regimens focus on the

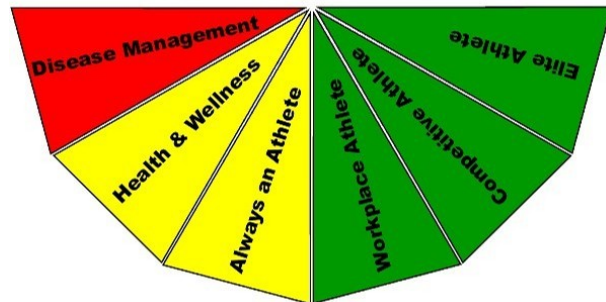
unique requirements of each athlete, and are proven to help individuals enhance their abilities.

Pro-Activity's **Health & Wellness** programs work to continually develop the healthy skills and habits of those individuals striving for excellence in their lives. Our team takes into account the unique strengths and areas for improvement of each client, young or old, and administers plans most conducive to personal achievement.

All programs begin with an initial health and fitness assessment which includes in-depth testing for cardiovascular fitness, strength, posture, flexibility, movement efficiency, core stability, body composition, and a goal setting session scheduled one month after the assessment date. The assessment serves as a critical baseline to build from and improve upon, and at completion clients collaborate with trainers to determine the most appropriate and effective programming alternatives to achieve goals (group, individual, or home-based).

At Pro-Activity, we take pride in our ability to provide clients with the opportunity to achieve excellence, and staff a team of professionals dedicated to doing so. We believe the greatest investments are those that act as levers towards personal success - Take action, ACHIEVE NOW!

180° of Wellness



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Results and Testimony:

The following results are taken from a taken from a 16-week sport-specific program in which athletes, aged 11-16, were trained using sport-specific movement and biomechanical analysis. Programs were developed by physical therapists, certified weight trainers, and coaches.

Athlete Participants

	1st Month Results		2nd Month Results		4th Month Results		Total Results	
	Upper Body Power	Lower Body Power	Upper Body Power Increase	Lower Body Power Increase	Upper Body Power Increase	Lower Body Power Increase	Total Upper Body Power Increase	Total Lower Body Power Increase
Athlete A.	134% increase	7% increase	36.6% increase	1.3% increase	17.9% increase	6.5% increase	277% increase	15.5% increase
Athlete B.	62% increase	19.35% increase	29.6% increase	8.1% increase	19.5% increase	5% increase	150% increase	35.5% increase
Athlete C.	100% increase	9.3% increase	19.1% increase	1.22% increase	40% increase	8.4% increase	233% increase	20% increase
Athlete D.	90% increase	1% increase	85.5% increase	1.4% increase	N/A	N/A	252% increase	2.4% increase
Athlete E.	56% increase	10% increase	36% increase	3.75% increase	83% increase	4.8% increase	290% increase	19.2% increase
Athlete F.	114% increase	9% increase	3.33% increase	1% increase	16.1% increase	18.67% increase	157% increase	29% increase

The following selected participant results are taken from miscellaneous 12-week General Health & Wellness programs developed to impact strength, body weight, cardiovascular levels, speed, and agility. Programs were developed by physical therapists, certified weight trainers, dieticians, and coaches.

	3 Month Results			
	Upper Body Power Impact	Lower Body Power Impact	Weight Impact	Coordination Impact
Participant A.**	28.3% increase	79.7% increase	20 lb. decrease, 8.7% reduction	58% increase
Participant B.	46% increase	51% increase	12 lb. Lean muscle mass increase	17% increase
Participant C.	11% increase	15% increase	22 lb. Decrease, 15% reduction in body fat	23% increase
Participant D.	12% increase	15% increase	15 lb. Decrease, 12% reduction in body fat	86% increase

**** participant lowered resting heart rate and blood pressure by 16% and 20%, respectively.**



Training Dues & Fees

Program Description	2010 Monthly Rates
3x / wk	\$225
Couples (or parent & child) 20% off	\$360
Family (up to 3 people) 33.3% off	\$450
Couples (one 3x / wk & one 2x / wk)	\$320
2x / wk	\$175
Couples (or parent & child) 20% off	\$280
Family 2x (up to 3 people) 20% off	\$420
Personal Training	\$60 / session
Health & Wellness Assessment (includes 30 min. goal setting)	\$75
Injury Prevention Consultation (prescribed by Physical Therapist)	\$75
Home Wellness Program	\$60
Group Rate / Session (must be in group to qualify)	\$24

****Dues paid on an annual basis are eligible for a 10% discount**

Frequently Asked Questions

1. What type of services do you provide at Pro-Activity?

Pro-Activity is a health & wellness services firm providing group and individual fitness programs and sport-specific strength training, individualized health assessments, program development and goal setting, personal training, and one on one physical therapy. The majority of group programs are offered in a class like setting and meet three times weekly, however some two time per week classes are available. All services, class or one on one, are scheduled by appointment.

2. What does training entail, and how frequently should I do it?

Our training programs are progressive in nature with each month or training phase building on the next, and incorporate cardiovascular fitness, strength & endurance, flexibility, core stability, and balance. Programs are developed very specifically so as to train complimentary muscle groups on appropriate days, and are based on a two or three day per week schedule, allowing for appropriate rest, recovery, and repair leading to greater strength. Like anything, the more you put in, the more you ll'get out so we encourage all clients to participate in a three times per week program when possible. However, general exercise recommendations state all individuals should participate in vigorous activities on most days of the week, or b'freaking a sweat for thirty minutes each day . "Therefore, we encourage all clients to perform cardiovascular activity on off-days ."

3. What is the staff s background?

Pro-Activity s team of professionals come from various backgrounds each with their own unique story and specialty, but all therapists are licensed with the state of NJ, and all trainers are certified with the National Academy of Sports Medicine. We encourage all clients to ask staff members to share their story ...you just meet some ordinary people doing extraordinary things ...

4. What s included in my training dues?

Monthly training dues include your reserved spot in your agreed upon training program (individual or group), invitations to various Pro-Activity banquets and events including Team Pro-Activity , preferred client status and discount for physical therapy appointments, and the opportunity to use the facility for open gym workouts at otherwise non-scheduled times (times must be cleared in advance with the facility coordinator).

5. What if I can t make my scheduled time?

Pro-Activity does it s best to accommodate all schedules and is often able to offer rtfake-ups when asked, however it is each client s responsibility to attend their regularly scheduled session. Make-up sessions must be cleared in advance with Pro-Activity staff, cannot be carried over from previous weeks or months, and are not to be assumed as approved unless previously arranged with a Pro-Activity trainer or staff member.