



Healthy Habits for Life

Food and Fitness Program
at **MPITW**

**MONTCLAIR PHYSICAL
THERAPY & WELLNESS**
is more than just a gym.

Our unique facility
integrates the most
important elements of
health, strength, and fitness
under one roof. We're your
one-stop wellness center.

PHYSICAL THERAPY
STATE-OF-THE-ART GYM
PILATES EQUIPMENT
PILATES MAT CLASSES
PERSONAL TRAINING
MASSAGE THERAPY
ACUPUNCTURE
NUTRITION CONSULTING
SAUNAS AND SHOWERS
FULL LOCKER ROOMS

510-339-2116
6125 Medau Place
www.montclairpt.com

HOURS:
Mon - Fri: 5:00am - 9:00pm
Sat & Sun: 7:00am - 5:00pm

VALIDATED PARKING
at Montclair Garage

Wednesdays ■ 6:30 - 7:30pm

\$90 for the 6-week session; \$5 drop-in fee for refresher classes*

Our first class is March 3rd. There are 6 unique classes in the series, so you can start your own 6-week session on any Wednesday at 6:30pm.



Let our new Registered Dietitian, Exercise Physiologist, and Certified Strength & Conditioning Specialist, Izzie Brown, lead you through this easy, step-by-step approach to building a lifelong food and fitness plan personalized to meet your individual needs.

Sign up now for Healthy Habits for Life. The 6-week program includes:

- Six classes packed with useful information about diet, food, and fitness
- Supporting materials to make the process easy and practical, including workbooks and worksheets to help develop a program and process that's just right for you
- Personalized, expert advice every step of the way, focused on helping you develop new, more positive health habits that will last the rest of your life!

During the classes, you will learn how to break the diet cycle; assess your current diet; set up a personalized eating plan; establish practical fitness and activity goals; learn how to be restaurant savvy, stock a healthy kitchen, and create quick and easy menus; and plan for "eating on the run."

**Once you've completed the 6-week program, you are entitled to one refresher class per month for only \$5 per class. Just drop in any Wednesday at 6:30pm.*

For the initial 6 weeks you're enrolled in the Healthy Habits course, you'll receive a **COMPLIMENTARY GYM MEMBERSHIP.**

Sign up for the gym when you enroll in the course, and start getting fit right away.

**Special Offer for New
Gym Members**

For more information, call us at 510-339-2116.