

HARTZ Physical Therapy's M.A.G.



90 Good Drive Lancaster, PA 17603

717.735.8880

HARTZ Physical Therapy's Medically Adapted Gym (M.A.G.) provides an exercise facility committed to those clients that expect clinical expertise in the development and implementation of an individualized exercise routine. Physical therapists are the medical experts in the area of musculoskeletal injuries and the implementation of exercise and its relationship to disease and dysfunction. Pediatric obesity is one of the biggest healthcare concerns as recent studies have predicted that obese children and especially those in the teenage years have a 70% chance of being obese as adults. What is worse is that percentage increases to 80% if either one or both of the parents are obese as well. HARTZ PT's MAG is taking the initiative to help reduce childhood obesity and increase education to parents and children alike.

We provide a comfortable, un-intimidating facility for you and your child to achieve your exercise goals. Each member will be fully evaluated by a physical therapist and all exercise sessions will be supervised by our trained staff. We are looking for those who are dedicated to achieving their exercise goals!

Evaluation and exercise implementation is appropriate for patients with:

- Obesity
- Juvenile Rheumatoid Arthritis
- Diabetes
- General Deconditioning

In addition, HARTZ Physical Therapy's M.A.G. provides the perfect opportunity to be a role model for your child and exercise together! The accommodating atmosphere will promote having fun while exercising. Consistent re-evaluations will encourage your child to exercise at home, on days they are not participating at the MAG, and achieve their goals!

The difference between typical gyms and HARTZ Physical Therapy's M.A.G. starts from your first visit. The MAG experience begins with a comprehensive evaluation performed by a PHYSICAL THERAPIST! This will help identify your strengths and weaknesses to determine the best path to success. Your goals will be discussed and your current fitness level evaluated. An individualized exercise program will be initiated. (We don't believe that one group of exercise equipment or "circuit" is appropriate for everyone!) Our physical therapists are experts in creating the appropriate plan for your current fitness level. We want to make sure you are fully prepared to succeed in your fitness goals.

So, if you're ready to get healthy and make a lifestyle modification, call HARTZ Physical Therapy's MAG and get ready to *Experience the Difference!*

2008-09 M.A.G. Membership Fees:

	<u>General</u> (1 st family member)	<u>General</u> (2 nd family member)	<u>General</u> (3 rd family member)
Monthly Membership	\$75	\$70	\$65

Physical Therapy evaluation required: If uninsured or insurance will not cover a physical therapy evaluation, a \$100 charge will be added for the initial evaluation.

Membership fees include: Fitness evaluations every 8 weeks and ongoing modifications in exercise program. Please consult with your health insurance carrier as many will cover a portion of membership fees!

www.hartzpt.com