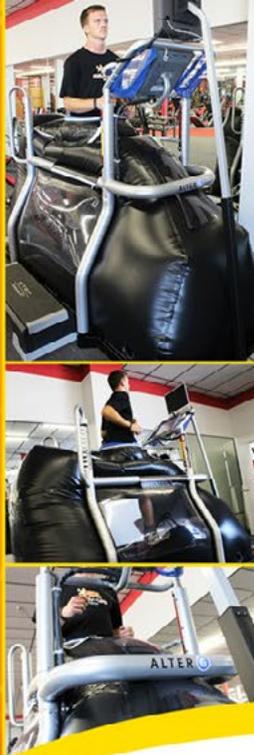




UNDERWATER TREADMILL *Exercise Center*

Physical Therapy Today also offers a one-of-a kind fitness option to the public with The Underwater Treadmill Exercise Center, available at all Wellness Today and Physical Therapy Today locations. The treadmills have the capacity to range in speed from .1 mph to 7.5 mph, thus, allowing for a variety of clients' walking or running abilities. Each underwater treadmill is powered by a hydraulic pump that circulates hydraulic fluid to and from the treadmill. The large digital display panel allows clients to view their speed, time, and distance while exercising on the treadmills. The buoyancy of the water allows clients to exercise freely without the impact on the lower extremity joints and lower back, but provides the intensity of an effective exercise program. A client in chest-deep water is approximately 25% weight bearing but has the resistance of the water to increase the heart rate, to burn calories, and to improve his/her physical well-being.



ALTER ^G Anti-Gravity Treadmill®

The Alter-G Anti-Gravity Treadmill allows you to run or walk with reduced impact through patented NASA technology. The Alter-G provides up to 80% body weight support to reduce stress and strain on your body. The benefits of the Alter-G allow you to run without discomfort or pain, burn more calories by going farther or faster than you normally can, and feel joy in running without the impact on your joints. From training to losing weight to just improving your overall health; whatever your goals, the Alter-G can help you achieve them!



FUEL

F Feed
your body

Understand your
body and mind

U

E Exercise
your body

Live your
best life

L

WT WELLNESS T.O.D.A.Y

PTT PHYSICAL THERAPY T.O.D.A.Y CW T CORPORATE WELLNESS T.O.D.A.Y

2431 S. Loop 289
Lubbock, TX 79423

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fax: 806.771.8011

Mon-Thu. 4:30am - 9:00pm
Friday 4:30am - 7:00pm
Saturday 8:00am - 4:00pm
Sunday 12:00pm - 4:00pm

www.wellnesstodaylubbock.com

Feed your body

- Metabolic and body composition testing with complete nutrition analysis.
- Initial session with registered dietitian to determine nutrition needs and design a customized meal plan.
- Nutrition workshops to learn about caloric intake, sodium, cholesterol, and other topics related to nutrition.
- Materials and educational resources to study as you learn how to shop, dine out and eat healthy on a daily basis.

Understand your body and mind

- Licensed medical professionals and motivational speakers will provide support and accountability in a group or individual setting.
- Session with cognitive specialist to assess and address any potential roadblocks to changing behavior long term.

Exercise your body

- Wellness assessment conducted by a certified or degreed personal trainer.
- FUEL fitness exercise sessions/classes combining cardiovascular and strength training customized to accommodate all fitness levels.
- Physical Therapy Evaluation conducted by a licensed therapist, if necessary.
- Opportunities to check progress throughout program.
- Materials and educational resources to study and educational opportunities to learn about heart rate monitoring, guidelines for exercise, and proper technique when exercising.

Live your best life

Weight checks to ensure continued accountability, maintenance tips, educational opportunities, and an optional post FUEL program, AFTERBURN.



FUEL PERFORMANCE PROGRAM

- 4 month program with access to water amenities.
- Metabolic testing.
- Nutrition counseling and classes with a registered dietitian.
- Counseling session and assessment from a licensed professional who specializes in behavioral change.
- Seminars on numerous wellness topics
- Fitness sessions led by an exercise specialist.
- Maintenance checks and support for lasting results.

The FUEL Program is designed as a clinical approach to weight loss, disease management and overall wellness. Developed by our experts to meet the needs of clients using scientifically based nutrition and exercise components.

**BREAKING
DOWN
THE**

FUEL FORMULA

