



# 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



**BROWARD HEALTH**<sup>®</sup>  
Fitness Center

## Personal Trainers Available:

Ryan Cranshaw, CEP

Garry Voorhees, CPT

Beth Claget, CSCS

Celeste Allen, CPT

Lani Kempner, CSCS

Bruce Chee, CPT

## 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

**954.355.5521** or **954.712.6878**

**wellnesscenter@BrowardHealth.org**



**BROWARD HEALTH**

Fitness Center

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