

# Lift to Thrive

## 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.....	\$660



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### 30 Minutes with a Partner

1 session.....	\$60
6 sessions.....	\$300
12 sessions.....	\$600

### 60 Minutes with a Partner

1 session.....	\$80
6 sessions.....	\$450
12 sessions.....	\$840

## Personal Trainers Available

- Ryan Cranshaw, CEP
- Garry Voorhees, CPT
- Beth Claget, CSCS
- Celeste Allen, CPT
- Bruce Chee, CPT
- Faye Tarhini, 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 email [cboyarin@BrowardHealth.org](mailto:cboyarin@BrowardHealth.org).



# Broward Health®

## Fitness Center

1600 S. Andrews Avenue Fort Lauderdale  
[BrowardHealth.org/FitnessCenter](http://BrowardHealth.org/FitnessCenter)