

COACHING



Exercise is no longer just about vanity. It's purposeful. When crafted carefully, the right exercise prescription can enhance your quality of life, increase your longevity, reduce your risk for pain and injury, ward off the early onset of disease and treat many common illnesses. Today, exercise is medicine ... and much more.

Our new medical fitness team and health coaching plans provide you with unique combinations of services developed by specially selected team experts.

A personal trainer, clinical exercise physiologist, registered dietitian, nurse and/or physician. The team will be selected based on needs and goals to design your success-driven plan.

Workout at HFFA, at a club close to your work or in the comfort of your own home — you don't have to be an HFFA member to benefit from our teams service and expertise.

Want to know more? Schedule a complimentary health coaching session with our Health Coaching Services Director, Richard Smith.

And, if you are interested in services to help you craft the perfect plan for great health and wellbeing, use the coupon below for 10% off your first service package.

Email djetton@huntersville.org for more information or to schedule an appointment.



11725 Verhoeff Dr., Huntersville, NC 28078 • 704.766.2222 • HFFA.com

coupon required. offer expires 9/1/16