



# VIRTUAL PERSONAL TRAINING

by AdvantageHealth

## OVERVIEW:

During this time of uncertainty, keeping ourselves physically active is imperative. Our certified and professional staff are ready to work with your employees to help them feel more focused and energized to reach their fitness goals during this difficult time. We have experience with all levels of fitness, from beginners to seasoned athletes. Participants select from one of our personal trainers that best matches their workout style and goals.

## HOW IT WORKS:

1. **SELECT** your personal trainer from our list or have us assign one to you.
2. **MEET** with your personal trainer online via Zoom or phone to discuss your overall fitness goals (up to a 30-minute meeting).
3. **RECEIVE** via email a customized fitness program (cardio, strength and/or flexibility) from your personal trainer to reach your goals.
4. **LEARN** exercises from your customized program with your personal trainer via Zoom (up to a 30-minute meeting).
5. **WORK** toward your goal(s) for the next 3 weeks on your own with weekly check-ins from your personal trainer!

## GET STARTED:

Contact Kristine Keykal to get started: [kkeykal@advantagehealth.com](mailto:kkeykal@advantagehealth.com) or 612.823.4470 (select option 1)



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