

**For \$99 and in 90 minutes,
we can tell you where you
stack up against the
national population.**



how fit are you?

FITNESS Physical

Using a battery of painless tests that you won't find at a typical gym or with a personal trainer, our licensed Physical Therapists will evaluate your fitness and show how you compare against national averages.

Individual tests will focus on:

- health risk factors
- posture and alignment
- upper and lower body strength
- flexibility
- core strength
- agility, balance and coordination
- aerobic endurance

Wait -- there's more!

We will also develop a customized exercise prescription for you that can be done anywhere.

How do I get started?

Call now to reserve your slot.

Need more?

Schedule two one-on-one sessions (30 min each) with one of our Certified Pilates Instructors as part of your Fitness Physical for the special price of \$149.

303-792-7379



PHYSICAL THERAPY
- & -
INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

9570 S. Kingston Ct, Englewood, CO 80112 - Near the intersection of I-25 and Lincoln Avenue
3601 S. Pearl St, Englewood, CO 80113 - One block South of Swedish Medical Center

For more info: email robert@denverptis.com or check out www.denverptis.com