

### Member Testimonials

"At **summit**, I was immediately struck by the professionalism, knowledge and genuine interest my trainer had for my health and overall well being."  
**-Mary Fitzgibbon, Bedford, MA**

"I now look forward to my weekly workouts. My trainer keeps track of my results and helps me with my diet. I've noticed how much I have already improved!"  
**-Louise Bentley, Bedford, MA**

"The workout hour zips by and the workout is great! My trainer mixes a lot of techniques and keeps it interesting. I know she cares about my results."  
**-Jane Wilkinson, Cambridge, MA**

"I am working with a trainer at **summit**, who pushes me much farther than I would ever push myself! I hated working out, but now, I love it."  
**-Carol L., Bedford, MA**

"**summit's** trainers are extremely knowledgeable and their approach makes training sessions enjoyable and productive."  
**-Stephen Labuda, Lexington, MA**



### Pre-Diabetes Management Program

Diabetes...the diagnosis can be life changing!

Chances are, you know someone with it. With almost 24 million people diagnosed with diabetes, it is likely there is someone close to you, a friend, relative or coworker who has it. Though it's diagnosis seems commonplace, there is still a certain amount of invincibility or denial many people have that it won't happen to them.

With Type II Diabetes, your pancreas is still making insulin but it is not working properly. 90-95 % of diabetes is Type II and it can occur at any age. Being overweight is the biggest risk factor. The end result is a blood sugar or glucose level too high, resulting in your cells starving for fuel. And a lesser known, but equally harmful effect is that a high blood sugar causes inflammation in vessels, contributing to a higher risk for heart disease.

If you don't know someone with Diabetes, it's almost impossible to not know someone with Pre-diabetes. NIH estimates 57 million people have it. With Pre-diabetes, also called impaired glucose tolerance, blood sugars are elevated but not so far as to be given a Diabetes diagnosis. And the good news is that Pre-diabetes can often be reversed. But like Type II diabetes, pre-diabetes elevates blood sugars enough to cause inflammation in the vessels, which increases heart disease risk. Consider it a warning sign or red flag your body is giving you that action must be taken. Your body is pumping out insulin to keep your blood sugars normal but it is starting to fail.

If you know you have Type II Diabetes or Pre-diabetes, our Pre-Diabetes Management Program is invested in helping you. We have the expertise to educate you and the will to want to see you live a healthy, fulfilling life. We will teach you the role of exercise, physical activity and a healthy diet in lowering and managing your blood sugars, ultimately putting you in the drivers seat.

Contact us to learn more about our Diabetes management programs and schedule your complimentary consultation.

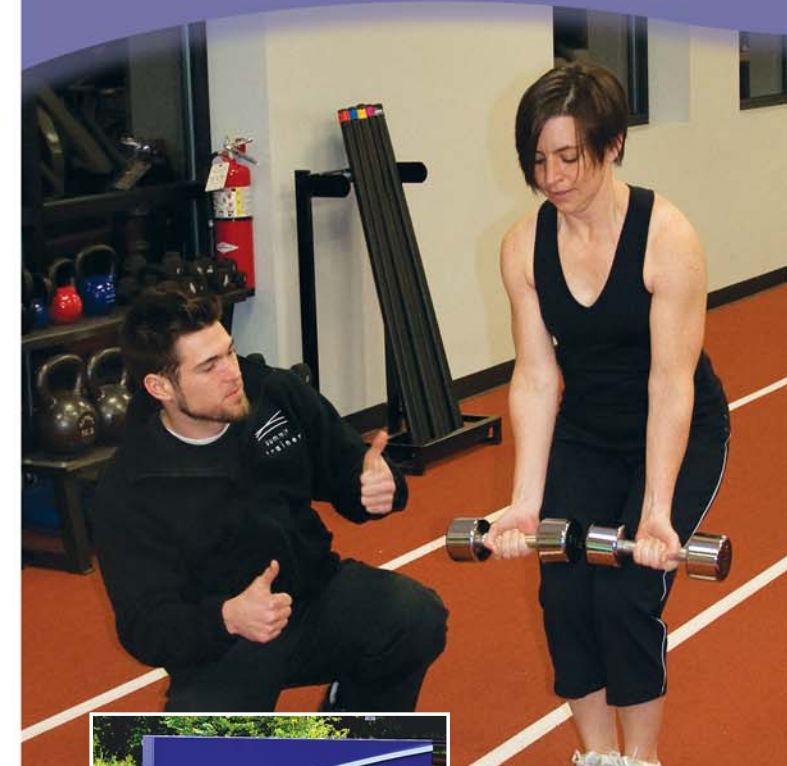
**-Jesse Keene, NASM CPT and Cindy Carroll, MS, RD, LD**

summit health + fitness  
65 Wiggins Ave  
Bedford, MA 01730



Voted the #1 Fitness Center in Bedford for the last 3 years!

# Where Personal Trainers Go to Be Trained.



summit health + fitness

### Back Pain Relief

When you're hurt with back pain, you begin to walk, sit and move differently to avoid more discomfort. The problem is that any new movement can lead to different pain patterns which can make your problem even worse. Most back problems are caused or made worse by muscle imbalances, weaknesses and faulty movement patterns.

Today's highly specialized Personal Training at **summit health + fitness** can get right to the heart of the problem. Our highly skilled and nationally recognized trainers will assess the way you look, move and feel. Your personal trainer will develop a specialized program that will include stretching, foam rolling, total body exercises and movements designed to begin the healing process.

Experience state of the art personal training at **summit health + fitness**. Visit or call us to schedule your training session today and step into strong, powerful movements that will recharge your life and relieve your symptoms.

*-Bob Garvin, NASM CPT*



### Cardio Boxing

Let's face it, we must include exercise as part of our lifestyles. Cardio Boxing is an excellent exercise to incorporate into your exercise regime. Some health benefits that are associated with cardiovascular boxing include an increased amount of stamina, speed, strength and coordination. It is of importance that you can be able to maintain your cardiovascular system at optimal function.

Cardio boxing also promotes a person's well being by strengthening their self-discipline. Need a stress reliever? This is one way to do it. Contact us to try Cardio Boxing today and improve your health with me.

*-Reese Burrus, NASM CPT*



### Benefits of Personal Training

Your personal training benefits begin when your session ends.

Life, is the most challenging sport in the world and involves a little bit of everything from shoveling snow, doing yard work or playing your favorite sport. Personal Training maximizes physical ability while minimizing any chance of injury.

At **summit health + fitness** we train in movement patterns that mimic real life so that the strength you acquire in the gym translates out into the real world. The benefits of exercising this way are mind boggling. Strength training through aerobic and functionally rich exercises lowers the risk of stroke and heart attacks by 40%.

Take advantage of the top level training at **summit health + fitness** by scheduling a session with one of our expert trainers and find out how personal training can benefit your life.

*-Katie Stell, NASM CPT*

### Weight Loss and Personal Training

The best way to lose those extra nagging pounds in a safe manner is to work with a Personal Trainer. The fact is that you cannot diet fat off your body. Through a structured exercise program with your trainer, you will burn off that fat and increase your strength which will help prevent those extra pounds from ever coming back.

A regular appointment will decrease your drop-out and self-sabotage potential. It's easy to go back on a commitment made only to yourself because you forgot, have a business meeting, need to do a favor for a friend, are too tired or just plain overslept. It's harder to face a professional with these excuses, your keeping the appointment on a regular basis does wonders for self esteem. Watching your fitness and strength gradually increase is tremendously empowering.

Feeling the difference and seeing measurable changes to your body does take time. Chances are that the lost pounds, great muscle tone, increased strength and stamina and the boost to your self esteem given by personal training sessions is a gift you will always appreciate having given yourself.

*-Carolyn Martin, ACE*

## FREE 10 Day Trial plus One FREE Personal Training Session\*

Present this coupon at  
the club to start enjoying  
all that we have to offer!

Hurry, this is a  
limited time offer!



\*First time guests, 22 years of age or older, local residents. Must have a valid driver's license or state ID card. Coupon must be presented to receive promotional offer. Other restrictions may apply. See club for details. Offer expires 4/15/10

### Tell us about you:

Name \_\_\_\_\_

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Phone \_\_\_\_\_

E-mail \_\_\_\_\_

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