Are you interested in one or more of the following health and fitness benefits?

- Higher aerobic capacity
- Increased strength
- Weight management
- Lower resting heart rate
- Lower blood pressure
- Lower cholesterol
- Stronger heart, muscles, and bones
- Increased flexibility

If so, MHealthy Personal Training is for YOU!

The MHealthy Difference

MHealthy is the University of Michigan’s health and well-being program. All MHealthy personal trainers have bachelor’s or master’s degrees in exercise science, sports medicine or similar fields. Many staff have certification(s) from premier industry authorities, such as the American College of Sports Medicine and the National Strength and Conditioning Association. With its medical orientation, MHealthy is capable of working with diverse populations and in specialty areas that include youth and adult athletic performance, as well as tailored programs for those with special health needs.

Our mission is to provide each participant with a safe and successful exercise and lifestyle experience that optimizes his or her quality of life.
All MHealthy personal training staff are experienced trainers with degrees in exercise science.

MHealthy’s personal training services are for individuals of any age or fitness level. MHealthy provides you with an individualized exercise program tailored to meet your goals and your health and fitness needs. Our specialties include:

- Strength training
- Aerobic and anaerobic training
- Sport-specific training
- Back care
- Physician-recommended exercise programs

What Do MHealthy’s Personal Training Sessions Include?

**Exercise Program** - You receive an exercise program tailored to your health and fitness needs. Your MHealthy exercise program includes a combination of health and fitness components and exercise tracking sheets.

**MHealthy Personal Trainers** - You receive individualized attention, guidance and motivation from your personal trainer to ensure your success in reaching your physical activity goals.

**Personal Training Service Options:**

**Training Sessions:**
- Various packages (see table in right column)
- Private and group sessions
- 30- & 60-minute sessions
- Prior to starting 30-minute sessions, you must complete one 60-minute session or have previously purchased a package of 60-minute sessions.

**Fitness Assessment** (appointment occurs at the Ice Cube) The fitness assessment determines your current fitness level and identifies your areas of need. Your trainer reviews your results with you and you receive a personalized report of your results. A variety of health and fitness categories are assessed, including:
  - Resting and exercise heart rates
  - Resting and exercise blood pressures
  - Muscular strength and endurance
  - Aerobic capacity
  - Body composition
  - Upper and lower body flexibility

**Body Composition** - Body composition analysis estimates the percentage of your body weight that is fat weight and lean weight. This information is useful in achieving specific weight goals and in determining certain health risk factors. Testing is performed using a skinfold caliper method.

**Get Fit Package** - This package includes a fitness assessment and two 1-hour personal training sessions. The fitness assessment determines your current fitness level; the personal training sessions are used to design and teach you how to get the most from your exercise program.

How Do I Get Started?

Use one of these convenient ways to schedule an appointment or to obtain additional information:

- MHealthy Personal Training Services at MHealthy Fitness Center at the Ice Cube; 734-998-8700
  e-mail: mhealthytraining@med.umich.edu

GIFT CERTIFICATES AVAILABLE

All information is subject to change.

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Which MHealthy Package Is Right For Me?

MHealthy offers a variety of different packages to suit your specific needs. The choices are:

<table>
<thead>
<tr>
<th>Fees</th>
<th>U-M Enrolled Student</th>
<th>U-M Employees &amp; U-M Retirees</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Fit Package</td>
<td>$155</td>
<td>$165</td>
<td>$175</td>
<td>$185</td>
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<tr>
<td>Fitness Assessment</td>
<td>$70</td>
<td>$75</td>
<td>$80</td>
<td>$90</td>
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<tr>
<td>Body Composition</td>
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<td>$30</td>
<td>$30</td>
<td>$35</td>
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<tr>
<td><strong>Hour Sessions</strong></td>
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<td></td>
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<tr>
<td>Package of 3</td>
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<td>$50</td>
<td>$55</td>
<td>$60</td>
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<tr>
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<td>$610</td>
<td>$670</td>
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<tr>
<td>Group (2-4 People)**</td>
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<tr>
<td>Cost/Person/Hour</td>
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<tr>
<td><strong>½ Hour Sessions</strong></td>
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<td>Doubles (2 People)†</td>
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<td>Cost/Person/Half-Hour</td>
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</table>

* Includes a fitness assessment and two one-hour sessions.
**Previous one-hour session purchase required.
†Three-session minimum purchase required.

Personal Training Locations:

- MHealthy Fitness Center at the Ice Cube
  2121 Oak Valley Drive, Ann Arbor MI 48103