



ActiveEDGE
WELLNESS CENTER

IF NOT NOW, THEN WHEN?

***You only get one life.
Let us help you live it
to it's fullest.***

***We'll create a targeted
fitness solution for
wherever you happen
to be ... to get you to
where you want to be!***

> RECOVER

> THRIVE

> EXCEL

AM I GETTING WHAT I'M PAYING FOR?...

If you ask your gym to prove that the money you have spent to get healthy is actually improving your health, you may get a lot of blank stares.

In the medical field we are used to being held accountable. So our plan and treatment must yield results. Without objective measurements to direct your plan and provide us with proof that your plan is working, we are just flying blind. Your health is too important to leave to chance, so stop just paying for access to exercise equipment and start investing in access to advanced knowledge and a plan for proven results!



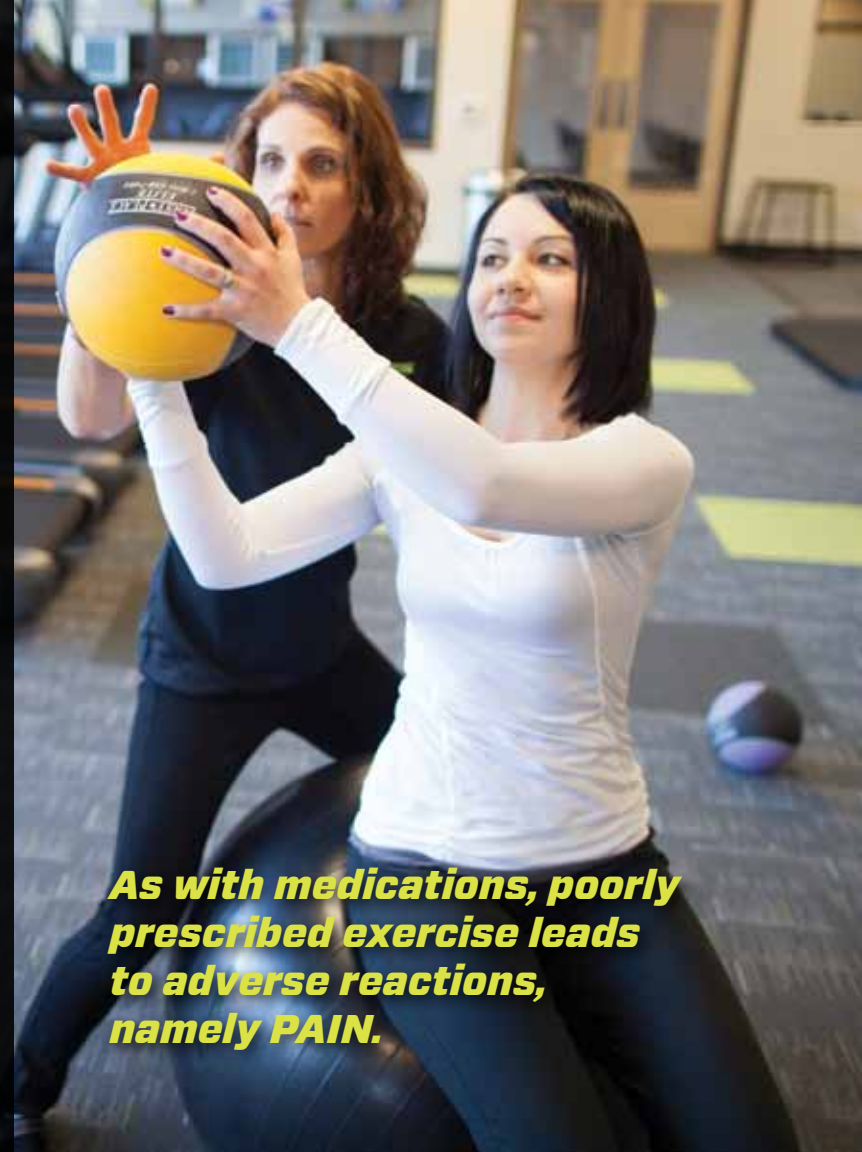
For those interested in a more supported approach to accomplishing this balance, we have a Dietician and Master Trainers on-site as part of our ActiveEDGE Wellness Team.

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READY - _____ - FIRE...

There is obviously a **very important step missing here**, but this “one size fits all” approach continues to be the strategy used by the fitness industry. If you don’t take objective measurements to assess a person’s physical abilities and limitations, how do you know what they need to move to the next level? Creating a program without taking measurements is like firing without aiming ... you may get lucky, but you may also create a lot of damage in the process. No wonder 49% of people who failed to stick with their fitness program did so because of orthopedic pain. That’s what happens when you fire without aiming.



As with medications, poorly prescribed exercise leads to adverse reactions, namely PAIN.

YOUR HEALTH AND HAPPINESS ON THE LINE...

When you want to solve an important problem you go with the most highly trained professional available.

Physical Therapists have the most advanced training when it comes to accessing the benefits of physical activity and exercise. We bring our medical approach to helping you achieve your fitness goals by:

- Taking Measurements
- Assessing your Needs and Goals
- Creating an Individualized Plan based on those results.

And then we check back every three months to assess your progress and safely advance your routine.





ActiveEDGE's 7- POINT SCREEN:

Body Mass Index (Height and Weight), Body Composition, Waist Circumference, Resting Metabolic Rate, Orthopedic and Functional Fitness Testing, Blood Pressure, Ventilation and Pulse Oximetry. These are the tests that medical studies have found to be the best predictors of health. They offer a glimpse into the internal workings of the body and serve as indicators of your risk for adverse health events. We all love the idea of having a great beach body, but our first point of focus is making sure you are not pre-disposed to serious medical events and have the energy and vitality to thrive in whatever phase of life you are in!

ActiveEDGE WELLNESS CENTER IS TRULY A GYM FOR EVERYONE.

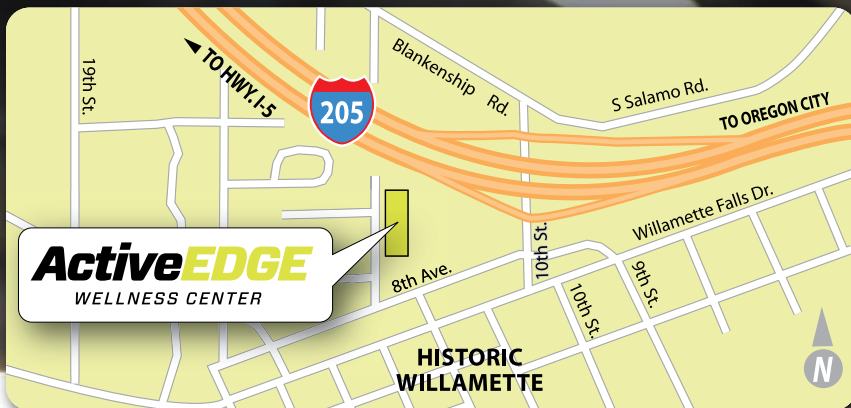
Why? Because we are passionate about helping people reach their full potential. For some of our clients that means completing an Ironman Triathlon...for others it means changing their body composition so they can get back to living life with energy and vigor...while others are waging a very different battle in trying to maintain their physical capacity to remain independent in their own home. Regardless of what you aspire to, trust in us to partner with you and give you the *individual* guidance and support to make *your* goals a reality!





NOT JUST A GYM... A COMMUNITY!

We strongly believe that no one thrives alone. Joining a community of like-minded people in pursuit of achieving your goals is the best way to make attaining those goals motivating and fun. With our monthly **Wellness Lectures**, **Movie Nights**, **ActiveEDGE Challenges** and **Community Activities**, the more involved you become the better your results will be. When it comes to making positive changes in your life, having a supportive team cheering you on and keeping you accountable increases the likelihood of success!



**Gym Members have
24/7/365 access!**



STAFFED GYM HOURS

Monday	7am - 9pm
Tuesday	7am - 9pm
Wednesday	7am - 9pm
Thursday	7am - 9pm
Friday	7am - 8pm
Saturday	8am - 8pm
Sunday	8am - 8pm

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503.387.5449

ActiveEDGEwellness.com

Email: info@activeedgewellness.com

PHYSICAL THERAPY HOURS

Monday	7am - 8pm
Tuesday	7am - 8pm
Wednesday	7am - 8pm
Thursday	7am - 8pm
Friday	7am - 7pm
Saturday	8:30am - 1pm