



**MOBILE** 

**AT-HOME FUNCTIONAL FITNESS**

## In-Home Personal Exercise

Each program adapted  
to your *individual* needs and goals:

- Basic Strengthening
- Stroke Rehabilitation
- Post Rehab Exercise
- Improve Balance and Flexibility
- Keep your Independence!

Exercise in the comfort  
of your home *safely* and  
conveniently!



For more information  
call (541) 297-2141

[www.fitnessover50.info](http://www.fitnessover50.info)