

## FACTS:

Statistics in the United States show

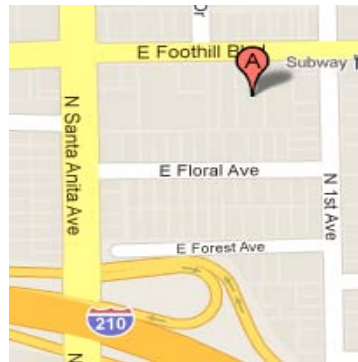
- Physical inactivity is estimated to cause 10-16% cases of breast/colon/rectal cancer and Type 2 Diabetes.
- LESS THAN 33% of school aged children meet the World Health Organization's guidelines for Physical Activity:
  - 60 minutes of active play 5x per week
  - 20 minutes of mod-high intensity exercise 3x per week



## Dynamic Therapies, Inc

50 East Foothill Blvd.  
Suite #100  
Arcadia, CA 91006  
(626) 445-2400

<http://www.dynamic-therapies.com/>



Coming **from 210 East Freeway:**  
Take the Santa Anita Avenue Exit,  
Turn **RIGHT** onto Santa Anita Ave.,  
Turn **RIGHT** onto Foothill Blvd.  
Clinic is located on the **RIGHT** hand side.

Coming **from 210 West Freeway:**  
Take the Santa Anita Avenue Exit,  
Turn **LEFT** onto Santa Anita Ave.  
Turn **RIGHT** onto Foothill Blvd.  
Clinic is located on the **RIGHT** hand side.



## Health & Wellness Program



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## Who?

Youth ages 10 years old and up who are:

- **Cooperative**
- **Motivated**
- **Wanting to Maintain Physical Fitness**



## What?

Health & Wellness program offered Monday -Thursday afternoons that promotes self-motivated and self-monitored physical fitness.

## Where?

Dynamic Therapies Clinic

\*See address on back.

## When?

- Monday thru Thursday from 3-5 pm
- Call for start date.



## How?

- **Contact Dynamic Therapies for initial Program Development**

## Cost?

- \$30 for initial client program development (discount offered for current Dynamic Therapies clients)
- \$75 monthly fee following program development

## Monthly Fee Includes:

- 5 hour long visits per month
- Self Directed exercise Program to maintain physical fitness
- Access of Dynamic Therapies Gym Monday thru Thursday 3-5
- Monitoring and program altering by a licensed physical therapist