

## FREE Consultation

### Our Programs

#### Program I—*Once a Week*

Recommended for those who already workout on a regular basis, but want to specialize in one specific fitness discipline or push past a plateau. This allows a “check up” with your trainer to ensure that you optimize your program.

#### Program II—*Twice a Week*

Recommended for those who are familiar with working out, but would like guidance and variety in their workouts and help to stay on track.

#### Program III—*3 Days/Week*

Recommended for the novice and those who want to be “pushed” or monitored more during their workouts.

#### Program IV—*4-5 Days/Week*

Recommended for those who are either post-rehab or need a lifestyle adjustment in order to reduce weight and stay motivated.

## *Flexible Payment Plans*



### Training Locations

#### **Saint Thomas Hospital**

The Wellness Center  
4220 Harding Road  
Nashville, TN 37202

#### **Middle Tennessee Medical Center**

The Wellness Center  
611 East Lytle Street  
Murfreesboro, TN 37130

### Contact Information

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[cvowell@stthomas.org](mailto:cvowell@stthomas.org)

[www.betterbodies.us](http://www.betterbodies.us)

# BETTER BODIES PERSONAL FITNESS & TRAINING

## BUILD A BODY TO LAST

- *FREE Consultation & Assessment*
- *Customized Exercise Programs*
- *Restore Posture & Alignment*
- *Improve Muscular Balance*



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# A Balanced Body Is A Better Body



**Cynthia Vowell, Owner**

*"There's no such thing as a 'one size fits all' exercise program. Your body is unique and requires a customized plan. We focus on teaching your body to function correctly through proper alignment and movement, based on your unique postural, muscular balance, fitness and health assessment."*

—Cynthia Vowell

- 20+ Years of Experience in Health & Fitness
- ACE Certified Personal Trainer
- ACE Certified Lifestyle & Weight Management Consultant
- Certified Biomechanical Golf Fitness Program Trainer
- Certified Yoga, Pilates & Turbo Kick Instructor
- Trained in Classical Ballet

## Our Approach—*Assessments & Customized Programs*

Before even touching a piece of exercise equipment, we'll meet with you to establish a baseline to help you set realistic goals. We'll perform a postural, muscular balance, nutrition, fitness, health and lifestyle assessment. Based upon the assessment, we'll custom-tailor an exercise program to your personal needs and lifestyle.

## Training Philosophy—*Improve Alignment & Muscular Balance*

Incorporating Pilates techniques, our custom-tailored exercise program will emphasize correcting posture, maintaining proper form and performing exercises in a slow, controlled manner to give you optimal results safely; as a result, decreasing any pain you may be experiencing from muscular and/or alignment imbalances. As you progress, your trainer will monitor your improvements and fine-tune your program allowing you to advance to the next level.

## Nutrition Philosophy—*Increase Metabolism & Energy*

Balance, moderation, and flexibility. Those are the key ingredients for a successful nutrition plan that you'll stick with for life. We'll design a personalized plan that works with your lifestyle, budget and schedule. We'll teach you how to increase your metabolism and energy through proper nutrition, and how to include your favorite foods and treats in moderation.



### Assessments Offered:

- Posture
- Alignment
- Muscular Balance
- Fitness
- Lifestyle

### Training & Conditioning Offered:

- Balance
- Core
- Strength
- Cardiovascular
- Flexibility
- Pilates
- Yoga
- Dance
- Turbo Kick
- Golf