

Forward Motion

Facilitating exercise independence

Forward Motion is an exercise program designed to gradually introduce and integrate participants into the fitness environment in an easy and safe manner. All participants are guided through an individualized exercise program that incorporates health and fitness goals and addresses fitness deficiencies in strength, endurance or flexibility. The ultimate goal of Forward Motion is to help participants assume responsibility for their own exercise program, while under the guidance of a qualified fitness expert.

Program features:

- Ongoing fitness assessment reported to your physical therapist or physician.
- Individualized exercise program under the guidance of a degreed and certified exercise specialist.
- Gradual coaching and instruction to assume exercise independence.
- Multi-month program meeting three times per week.
- Waived UT Health East Texas Olympic Center enrollment fee upon completion of the program.
- Program fee is \$50/month.



Call 903-596-3233
for more information.

UTHealthEastTexas.com



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