

# Synergist



## Fitness

I N T E G R A T E S



- Exercise
- Diet
- Medical Care
- Stress Management

*In our fast-paced world,* most of us have become accustomed to living lives devoid of quality personal time. The result is that we are more stressed, out of shape and overweight than any generation before us. If it were merely a matter of more weight and less fitness, there might not be such a need for concern; but the degree to which these two conditions affect our health and longevity is staggering! Diseases directly related to weight gain and fitness loss:

- Diabetes
- Hypertension
- High Cholesterol
- Heart Disease
- 50% of all Cancers

It is time for us to reverse this trend, to reclaim our health and vitality. At **Synergist** we have designed a realistic program encouraging the pursuit of a healthy lifestyle.

## Synergist Fitness

is an exciting new concept merging fitness and medicine to help you optimize your health and wellness.



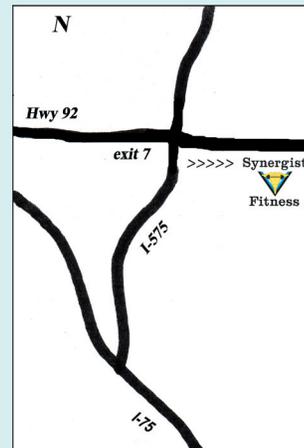
# Synergist



## Fitness

9766 Highway 92 • Suite 100  
Woodstock, GA 30188  
770-516-1661  
[Synergist-Fitness@flash.net](mailto:Synergist-Fitness@flash.net)

Conveniently located  
1/2 mile east of I-575  
(Exit 7) on Hwy 92  
(Next to the  
Chick-fil-A Dwarf  
House) in Woodstock.



# Synergist



## Fitness

### A Medical Fitness Solution



Reclaim  
Your  
Health  
And  
Vitality!

At *Synergist Fitness*, we collaborate with you in your quest for wellness. What this means for you is that your effort and commitment are rewarded with more success as we work along with you to attain your fitness goals.

### UNIQUE PROGRAMS!

Unlike other fitness centers, *Synergist* gives you a free personal training session and a complete fitness assessment with your membership. We create individual workout regimens based on each client's needs, as determined by their fitness level and medical condition. Additional medical evaluation and treatments are available on site. In addition to our general membership, we offer several designer programs to meet your needs:

#### *Synergize Me* **WEIGHT MANAGEMENT**

An intensive 90 day program including:

- One-on-one (six days a week) personal trainer workouts
- Stress management sessions four days a week (or more)
- Monthly consultation with a nutritionist
- Accountability and support



#### *Synergize Me* **STRESS MANAGEMENT**

A ten week program that meets two hours once a week— one hour of coursework and one hour of stress relief sessions.

#### *Synergize Me* **HEART MANAGEMENT**

A combined exercise and stress management program that is designed for people who want to prevent a first or recurrent heart problem.

## More than just fun, More than just work!

At *Synergist Fitness*, recreation is the re-creation of your health. *Synergist* works with you to reclaim the **enthusiasm, confidence, vigor, and ability** necessary to pursue your dreams.



#### *Healthy JUMPSTART*

Many people have equipment at home, but don't know exactly what to do with it except to hang clothes on it. This program is for those who want better results exercising independently with equipment at home or at another facility. Features:



- One-time session with follow-up support
- Extensive evaluation of current condition and goals
- Customized wellness program
- Dietary consultation
- Real Age® (body age) assessment
- Relaxation session

### NOT YOUR NORMAL FITNESS CENTER

- *No guessing! Personalized programming*
- *No mirrors and no spandex!*
- *No exercise anxiety*
- *Medical oversight*
- *Personal attention by wellness experts*
- *Easy access equipment*
- *Private workout rooms*

### UNIQUE PROFESSIONAL STAFF

The *Synergist* staff is friendly, knowledgeable and strictly “non-spandex.” Dr. Jackie L. Williamson is a medical doctor with a background in physical therapy. She combines the best of conventional medical treatment with innovative approaches. She is greatly respected for her approachability and practicality. Nancy Giles, our supervising personal trainer has multiple fitness certifications. She has experience both in physical education and in working with the fitness challenges of special populations. She has a passion for enhancing each person's overall wellness and an encouraging way of doing so. Andreas Morgheim is a medical assistant, former E.M.T., and Navy Corpsman. He offers expertise in both the medical and fitness fields, as well as having a very supportive rapport with our clients.

### STRESS MANAGEMENT

**Stressed Out?** Your brain responds to certain chemicals that are released by your body in reaction to stressors. Most often these are autonomic (not under your conscious control) responses that have been adapted by your body to respond in ways that are no longer necessary. Synergist has a state-of-the-art Stress Management Program available to help you achieve calm, even during times of stress.

- *Sleep better*
- *Reduce blood pressure*
- *Elevate mood*
- *Attain and maintain a sense of wellbeing*
- *Enjoy life*