

# Do you have Low Back Pain?

# VIRTUAL MEDICAL EXERCISE TRAINING

The Center for Health & Fitness (CHF) is a certified medical fitness facility and has trainers with certifications from the American College of Sports Medicine, National Academy of Sports Medicine and National Strength and Conditioning Association. CHF also offers Medical Exercise Specialists—the only fitness center in the beach cities to do so—who are trained and educated to work with member's doctors and physical therapists to ensure the highest quality, effective exercise program.



*This program has been endorsed by Beach Cities Health District's Chief Medical Advisor, Dr. William Kim.*



"I appreciate the guidance on how to improve the strength and range of motion to help my back problem."

**RICK SPILLANE**  
Medical Exercise Training Low Back Pain Participant

## You'll Receive:

- 6 one-hour educational lectures led by a medical exercise specialist
- 6 one-hour small group training sessions led by a medical exercise specialist
- Program booklet with PowerPoint slides, handouts and exercise guidelines
- Access to 100 + group exercise, mat Pilates and yoga classes
- Access to cardio and strength training machines
- Lecture from CHF's Registered Dietitian

**Cost:**  
\$222

**When & Where:**  
Wednesdays & Fridays 1 - 1:55 p.m.

**Training Session:**  
Starts June 1

\*Capacity is 12 participants per session

Call 310-374-3426,  
option 3 or visit  
[beachcitiesgym.com/  
medicalexercisettraining](http://beachcitiesgym.com/medicalexercisettraining)  
to sign-up!



*Center for*  
**Health & Fitness**

*A Beach Cities Health District Program*

[www.beachcitiesgym.org/medicalexercisettraining](http://www.beachcitiesgym.org/medicalexercisettraining)

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