

Are you looking for safe ways to get back to activities & exercise after staying at home or working overtime due to COVID-19?

Has too much stress or time at the computer left you with the need to alleviate some aches & pains?

LET US HELP.....

A WISE MOVE PHYSICAL THERAPY & PILATES



and

F.I.T. 4 TUCSON *(Fisher Integrated
Therapies 4 Tucson)*

**CALL or TEXT Heidi at 520-488-6715 or E-mail HeidiFisherPT@gmail.com
to set up a visit today!**

WHAT WE CAN OFFER FOR YOU

- Safe, studio environment with **only one client and instructor at a time** for continued social distancing
- Supervised & **individually-customized program provided by licensed Physical Therapist and Certified Pilates Teacher**
- Heidi Fisher, PT, specializes in orthopedic and manual physical therapy & also is a practitioner of Neurokinetic Therapy to help alleviate pain and optimize movement quality for living life to its fullest
- Pilates-based fitness training for strengthening, lengthening and balancing the body for healthy & successful movement

- Whole body integration in the program design with sport or hobby-specific focus available
- Pelvic floor health & incontinence management via non-invasive exercise approach available

Reasonable cash-pay rates with **PACKAGE DISCOUNTS**. Options to progress into budget-friendly duet or small-group (limited to 3-4 people) equipment classes as safe and appropriate.

Services reimbursable by the majority of Health Savings Accounts as services provided by licensed Physical Therapist.

Use Savings Code "F.I.T.4 ME" to get extra \$15 savings on an introductory package of 3 private sessions during Summer 2020 to help get you started. (1 per client)

Special Thank You rate for our Healthcare Heroes & Essential Workers
➔ **buy 2 get 1 free sessions!** (1 per client, employer letter or pay stubs to verify work)

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CONVENIENT LOCATION IN ORO VALLEY, working from:

Sage Therapeutic Pilates, 10130 N. Oracle Road, Suites 120-130

