



## Achieving Your Fitness Goals Just Got Easier

As we age, we encounter greater challenges to staying fit and well. But just because it isn't as easy as it once was doesn't mean it isn't achievable! Maybe you're looking to get better results from your current fitness routine. Or you might just need help (and a little motivation) to get started with a program. No matter where you are on your journey, our personal trainers are here to help. Right on-site, in our fitness facility or even in your home, you can receive training from a certified personal trainer. Unlike group fitness classes, these sessions are tailored to you and your individual needs. You'll have the luxury of focusing 100% on your goals, and receive the tools and knowledge you need to maintain your individualized program long term.

## It's Time to Take Control of Your Health

Increased activity, greater well-being,  
and more vibrant living await.

Appointments can be made by contacting  
Alisha Van Epps at (616) 643-2636 or  
[alisha.vanepps@hollandhome.org](mailto:alisha.vanepps@hollandhome.org)



**Alisha Van Epps** has been blessed to serve with the Vibrant Living team since December, 2016. She attended Grand Valley State University, where

she received her bachelor's in clinical exercise science as well as her master's in public health. Alisha is a certified personal trainer and group fitness instructor. As a personal trainer, Alisha shares her enthusiasm for wellness, encourages an active lifestyle, and guides you through your journey to reach your fitness goals.



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PERSONAL TRAINING

Holland Home™   
Vibrant Living



Enjoy Healthier Living  
at Holland Home

## Taking Steps Toward a More Vibrant You

Today's definition of wellness includes an individual's mind, body, spirit, and social interaction. Holland Home's Vibrant Living model addresses these through five key areas of health: Spiritual Fulfillment, Intellectual Discovery, Emotional Well-Being, Social Engagement, and Physical Wellness. Our Vibrant Living model offers a range of opportunities to meet the many different needs, backgrounds, styles, and preferences of the residents. This gives each resident the ability to find fulfillment in the activities that interest them most.

In an effort to continually improve our Vibrant Living offerings, we are introducing personal training as a new physical wellness option for residents.



### What Our Certified Personal Trainers Can Do for You

- Conduct health-history interviews and stratify risk for cardiovascular disease.
- Assist in setting and achieving realistic fitness goals.
- Develop and implement exercise programs that are safe, effective, and appropriate for one-on-one and small-group personal training.
- Provide form and technique guidance.
- Educate about fitness and health-related topics to facilitate exercise program success.
- Support your path to a healthy lifestyle.
- Protect confidentiality.

### Cost

- Complimentary consultation
- \$30 for a one-on-one 30-minute session
- \$50 for a one-on-one 60-minute session
- \$20 for a small-group 30-minute session
- \$35 for a small-group 60-minute session

## Get the Most Out of Your Workouts

Personal training is a service that is focused on helping people enhance fitness and modify risk factors for disease to improve health. Personal trainers empower individuals to begin and adhere to their exercise programs using guidance, support, motivation, and lapse-prevention strategies.

Regular exercise is essential for older adults who wish to maintain independence. When you partner with one of our personal trainers, you're making a commitment to improving your personal well-being and quality of life. Some of the benefits of personal training include a personalized program, workout variations, and accountability.

Your process will begin with a free initial consultation. During this meeting you and your personal trainer will review your health history, exercise history, and goals for the program. Next, you will schedule sessions with your trainer. Your personal trainer will develop a structured exercise program for you. During your sessions, your personal trainer will teach correct exercise methods and progressions through demonstration, explanation, and proper cueing techniques.

