



Achieving Your Fitness Goals Just Got Easier

Team up with a Certified Personal Trainer to achieve and maintain your health and fitness goals. A Certified Personal Trainer will work with you, one-on-one or in a small group, to create an exercise program that is safe and specific to your needs; whether you are seeking to improve cardiovascular health, increase strength, or keep up progress after working with an Atrio therapist.

Personal Trainers are skilled and educated on current fitness knowledge to ensure that your program is appropriate for your goals. They reduce the risk of injury by instructing correct form and safe progressions. Personal Trainers are motivators, supporters, educators, and coaches, with a passion to help you become your healthiest and most vibrant self. They make your goals, their goals and work alongside you to make progress on your health and fitness journey.



Holland Home™

HollandHome.org

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Personal Training



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.

When it comes to Physical Wellness, we recognize that each resident is at a different fitness level and has unique goals that they would like to achieve. Personal Training provides one-on-one instruction that allows these individual needs to be met, ensuring that everyone can live their highest quality of life.





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. You will meet on-site, in our fitness facility or right in your home.

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

ONE ON ONE

\$30 for 30 min.

\$50 for 60 min.

SMALL GROUP

\$25 for 30 min.

\$35 for 60 min.

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.

Meet Our Staff



Alisha Van Epps attended Grand Valley State University where she received her bachelor's in exercise science as well as her master's in public health. 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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