

Program runs from  
May 5th—July 7th  
Call to register today  
1-866-980-EHMC

The Center  
for Integrative Healing  
*Caring for Your Mind, Body & Spirit*

at  
**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER<sup>SM</sup>

Presents ...

Michael Gonzalez-Wallace

# SUPER **BODY**, SUPER **BRAIN**

Fitness for the **Brain** and **Body**



Trainer Michael Gonzalez-Wallace is bringing his **SUPER BODY, SUPER BRAIN FITNESS PROGRAM** to Englewood Hospital. This fun, high-energy, medically-endorsed program works your brain *and* your muscles to deliver spectacular results in minimum time.

Results after just **TEN WEEKS** may include:

Weight Loss of 5-15 lbs

Reduced Body Fat

Cardiovascular Fitness

Improved Blood Pressure

Increased Muscle Strength

Improved Joint Flexibility

Increased Energy

Mental Sharpness and Focus

Lower Resting Heart Rate



## Program Details:

- Ten-week program is \$100
- Drop-ins welcome for \$15 per class
- Classes meet every Wednesday for 45 minutes
- Your choice of time — 5 PM or 6 PM
- Program runs from May 5th through July 7th
- All levels of fitness are invited\*
- Information on fitness, nutrition and Q&A
- Measurements will be taken at the start and end of the program to mark results
- A progress report is given every 4 weeks
- Held in Conference Rooms A&B at Englewood Hospital
- Call 1-866-980-EHMC to register or click "Class & Event Registration" on [EnglewoodHospital.com](http://EnglewoodHospital.com)

\*Participants are required to sign a waiver/release form stating they are fit to exercise. Please consult with your physician to ensure you are healthy enough to exercise.

Instructor Michael Gonzalez-Wallace (above) has been featured in *O*, *Prevention*, *Redbook*, and *Fitness* Magazines as "The World's Fastest Workout"

Englewood Hospital and Medical Center  350 Engle Street, Englewood, NJ 07631