

Shannon has teamed up with the professionals at fitnessjournal.com (as seen on the Today Show on NBC) in order to bring you the BEST and most professional fitness/wellness services!

Your Active Membership to this service is free with an Ex. Phys. Package or pay just \$25/yr. for an individual website slot...That's a 37% discount from fitnessjournal.com site prices!

1. Create an online detailed food journal easily!
Track Carbs, protein, fat, sodium, cholesterol, etc. daily! Online mega-food database so input is quick and easy!
2. Track your workout efforts, kcal expenditure and see detailed progress! Printable workout sheets. Maximize your time in the gym!
3. Track body mass and weight changes easily as well as have an online goal and written journal to ensure success with your program.
4. Also get expert advice from your GBCB Exercise Physiologist online!
5. Check out a site tour today!



Exercise Physiology

GBCB 703 College Ave
Bluefield, WV 24701
Phone: 304-325-5707
Fax: 304-327-0872

www.gbconline.org



GREATER BLUEFIELD
COMMUNITY CENTER

Exercise Physiology

Services At Work for you!

JOIN OUR OTHER GBCB
MEMBERS WHO ARE GETTING
GREAT RESULTS WITH OUR
EXERCISE PHYSIOLOGY
SERVICES!

- Ave. wt loss is 6-8#/month
- Ave. drop is 4% body fat/month

Ask for: Shannon Lowe, EX. Phys.

(304) 952-9851

peia@gbconline.org

LOWE
Rehabilitation
Specialists

New!

CHOOSE THE RIGHT EXERCISE PHYSIOLOGY PACKAGE FOR YOU!

Exercise Maintenance Package

This is designed to make sure you continue on your fitness goals. If you are currently working out and lacking desired results or if you just want to track your monthly fitness statistics this package is for you! Exercise testing will be completed by the exercise physiologist, who is certified through the American College of Sports Medicine, and will include: a baseline metabolic rate, Body Mass Index, Body Composition, Waist to Hip Ratio, Target Heart Rate Zone, total body weight, and baseline cardiovascular fitness testing as well as comparison to normative data. One consultation with the exercise physiologist per month will be included in your fitness testing monthly. ****Active Membership to fitnessjournal.com included****

Cost of the program is \$55 per month plus GBCC membership.

Fitness Journal Online Only

PLEASE NOTE YOU MAY JUST PURCHASE A YEARLY MEMBERSHIP TO fitnessjournal.com for \$25/year. Continue your current individual program but be able to maximize your efforts by tracking all the detailed information needed to be successful and reach your goals!

That is a 37% discount rate from normal membership rates!!

Wellness Package

This package will give you superior nutritional education and individual exercise testing and sessions with the exercise physiologist. You will receive six (6) 1-hour or twelve (12) ½-hour sessions with the exercise physiologist per month who will develop a plan to accommodate your fitness goals and lifestyle. Exercise testing will be completed by the exercise physiologist, who is certified through the American College of Sports Medicine, and will include: a baseline metabolic rate, Body Mass Index, Body Composition, Waist to Hip Ratio, Target Heart Rate Zone, total body weight, and baseline cardiovascular fitness testing as well as comparison to normative data. You will get the benefits of one-on-one exercise planning, prescription, and implementation by the exercise physiologist two days per week. Continued monitoring will occur. ****Active Membership to fitnessjournal.com included****

Cost of this program is \$145 per month plus GBCC membership.

Total Wellness Package

This package will give the client the best in nutrition and exercise therapy or counseling. You will receive an initial evaluation and session with a registered dietician who will advise you of an individual nutrition plan. You will also receive six (6) 1-hour or twelve (12) ½-hour sessions with the exercise physiologist per month which will include baseline fitness testing and follow up measurements at the end of the month as well as an individualized exercise plan to accommodate your fitness goals and lifestyle. Continued monitoring will occur. ****Active Membership to fitnessjournal.com included****

Cost of this program is \$195 per month plus GBCC membership.

Why Exercise Physiology?

An Exercise Physiologist has extensive training and education specializing in exercise prescription of all populations as well as the various effects of exercise on our bodies. Our unique medical training and education has prepared us to work with all individuals and to adequately assess how your individual body will respond to any type of program whether it is weight loss, strength building, or general fitness and conditioning. We understand the anatomy and physiology of each nutrition and exercise effect at the cellular level so we can prescribe an individual program that will boost your results!

Call GBCC or email today for more information!

peia@gbcconline.org or 304-952-9851

Ask for Shannon Lowe!