

*Now that you know what
Running Strong can offer you,
sign up today!*

VIRTUAL COACHING

FIRST MONTH - \$100

SUBSEQUENT MONTHS - \$85

Four weeks of personalized coaching including:

1. Day by day training program updated as you progress.
2. Detailed instructions on appropriate stretching and strengthening exercises. Modified and updated as you progress.
3. Phone/e-mail consults as needed during the 4 weeks.
4. Instructions on proper cross training as appropriate for your injury status or training needs.

Video Gait analysis - \$25
Private face-to-face consultation & coaching - \$120 for first month, \$85 for subsequent months

Call or E-mail now to sign up, or visit the Team Oregon web page for more information.

Phone / Fax - (770)-957-0986

E-mail - janeth@teamoregon.com

www.teamoregon.com/rehab/rehab.html

Janet Hamilton, MA, CSCS
Running Strong
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RUNNING STRONG

*Personalized coaching for
injury prevention and
rehabilitation*



GETTING YOU THERE

INJURY-FREE

Whether you're training for a marathon, a multi-sport event, or simply want to pursue fitness, succeeding requires a delicate balance of many factors including training and rest, strength and flexibility. Knowing what to do, how much to do and when to do it is sometimes difficult.

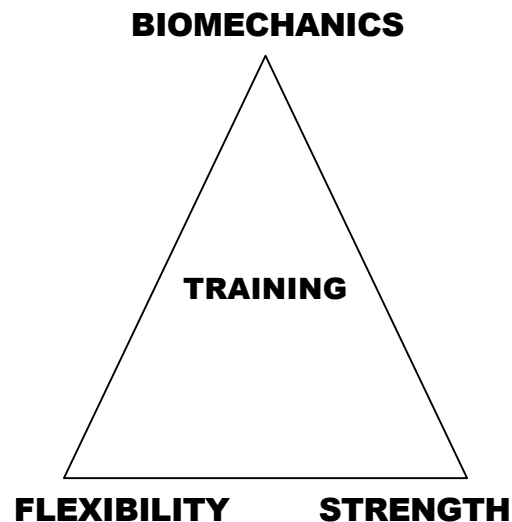
Now there's another option - personalized, highly qualified coaching to bring you to your best.

ABOUT *RUNNING* STRONG

Running Strong was created to help take the guesswork out of training and rehabilitation. Janet Hamilton, MA, CSCS is a Certified Strength and Conditioning Specialist with twenty years of clinical experience, and a Master's Degree in Exercise Physiology.

Janet's professional philosophy is: "prevent future injuries by treating the cause not just the symptoms".

TREATING THE CAUSE, FINDING THE BALANCE



The injury prevention pyramid

The diagram above depicts some of the forces interacting to determine your success in training. By utilizing the personalized coaching skills of Janet Hamilton, you'll be well on your way to

understanding why injuries occur in certain patterns and how you can best prevent them in the future. The result - more effective training with fewer training breaks due to injuries.

STRETCHING & STRENGTHENING

Dealing with the foundation of the pyramid - flexibility and strength - will be a primary part of your program. You will receive detailed instructions on various exercises designed to help you achieve your optimum balance.

TRAINING

Specific programs will be outlined to give you cross training options if needed. Updates will be made as you progress, insuring that you're returning to your activity safely and quickly.

BIOMECHANICS

You have the option of sending videotape for gait analysis, and will be given important information to help you understand the impact of the results. Knowledge is power!