

Chronic disease over the last 30 years has dramatically increased and accounts for about 70% of deaths in the U.S. Chronic disease is associated with:

- Worsening of health and quality of life
- Eventual permanent disability over time
- Loss of independence
- Reduced life span, 1/3 of the years of potential life is lost before age 65 due to chronic disease

- Chronic disease not only affects those living with the disease but those loved ones providing care and support for someone with a chronic disease.
- Managing health and disease can be complex for many individuals. It requires knowledge, commitment, support and compassion.

LET STANDING FIRM FITNESS HELP

Chris Netto, a trained professional, will help clients to improve the quality of their life through safe, effective self-management and exercise, vital for better tomorrows!

She offers unique opportunities to educate, guide, and train your clients with care and respect in small group or private coaching sessions for the work place, in the home, or at the gym

Learn exercise principles, how to begin an exercise program, and which exercise activities are appropriate based on current abilities, skills, age, and interests

“Take care of your body, it is the only place you have to live!”

STANDING FIRM FITNESS

*Is a proactive approach
To health and well being*



**Specializing in sensible fitness
to improve your client's
quality of life**

**Guiding and assisting
through mindful, safe and effective
exercise for self-management of health.**

PROGRAMS

FITNESS TRAINING ON LAND OR IN WATER FOR THE FOLLOWING

- Core development & body mechanics
- Range of motion
- Cardiovascular fitness
- Muscle strength and endurance
- Healthy Back
- Chronic disease and/ or pain management
- Fall prevention

Available for coaching of groups or individuals

TAI CHI FOR HEALTH AND FITNESS

An exercise program designed to integrate the mind, body, and breath using slow and controlled movements creating a great full body workout and peaceful experience.

Benefits of Tai Chi/ Qigong practice:

- Promotes mental clarity, relaxation, and calmness
- Promotes healing, mobility, stability, range of motion, and balance
- Enhances physical fitness of strength, flexibility, power, endurance, and coordination.
- Enhances brain function
- Enhances the immune system's function,
- Promotes energy flow and vitality

Call for information on classes forming, to schedule your private or semi-private coaching session(s) or speaking engagement.

Mobile 469-964-9369

CHRIS NETTO BA

CERTIFIED FITNESS PROFESSIONAL

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Mission Statement

To empower my students in the pursuit of physical independence and enhanced quality of life;

To optimize wellness, health, and fitness over the course of my students, life spans; and

To provide current, safe, effective fitness programming and education with integrity and respect.



Program philosophy
use it or lose it!

**Through movement, develop a solid core,
a healthy back, strength, and balance!**

**For optimal health and wellbeing visit
www.standingfirmfitness.com**

“Getting older is inevitable
falling apart isn't”

Qualifications and Client Comments

BA Kinesiology/Adult fitness management major, gerontology minor (1996), 20 years of experience managing adult fitness and fall prevention needs of all adult and those with chronic disease, pain and arthritis symptoms.

Certifications and CEU's

- Personal Training AAFA
 - Water fitness AEA
 - CPR
 - Tai Chi and Qigong for health programs,
 - Sun Style 73 forms
 - CEU's
- Exercise for those managing chronic disease and disabilities
Senior fitness programming
Prescription exercise for mature adults
Pilates and Yoga Fundamentals

Client Comments

“Her style of instruction is superb...exercises constantly varied.”

“In each workout attention is given to our individual needs and restrictions”

“She challenges us to do our best in such a positive and cheerful way...we look forward to exercise and have fun while doing it.”

“I have experienced improved balance and stability, stronger back muscles and worked through the pain of arthritis.”

“Since I have been under Chris' instruction of core development I am walking better, feeling stronger, have more self-confidence and body awareness.”