



Affirmation for Practice – Fitness Together Tysons

When looking for guidance regarding an exercise program, the average person of any age, is faced with an abundance of choices. The choice depends on time, finances, location, facility equipment, and most of all, the knowledge base of the people offering instruction. Anyone can go to the local gym and work out without supervision and accept the risk of injury.

I am a practicing Physical Therapist licensed in Virginia. I have been a client at Fitness Together Tysons for the last 4-5 years. As an older woman, I know the importance of exercise and “doing it right” to avoid injury. Unless you have an acute sense of body awareness, it is very difficult to know if you are performing the exercises off a midline base. The trainers at Fitness Together Tysons use careful observation of each client and offer instruction to improve the outcome. They are sensitive in planning your program regarding any physical conditions you might have. And even during the session, they will make adjustments as needed.

I have found the personal trainers at Fitness Together Tysons to be warm, friendly, and caring. They demonstrate a knowledge of human anatomy, kinesiology, and exercise physiology that I would expect of an experienced personal trainer. It has been a very worthwhile journey for me with the trainers at Fitness Together Tysons.

Jeanne Scheele, Physical Therapist