



Logo By Phil Grayeski

TAKE THE FIRST
STEP TO A
HEALTHY
LIFESTYLE...

Call (908) 231-0800
or E-Mail

Deb@opthealthservices.com

For an appointment

**The Erickson Method to Athletic
Success · A Proven System·**

Sports Training Programs

Mr. Erickson and his staff are all former high school and college athletes. This experience coupled with our exercise science knowledge turns good players into county and state champions.

Specializing in:

- Basketball
- Lacrosse
- Soccer
- Football
- Golf
- Track
- Baseball
- Tennis
- Cross Country
- Volleyball
- Fencing

Silver - Sp \$135 per month
(one session per week)

Gold - Sp \$235 per month
(two sessions per week)

Platinum - Sp \$265 per month
(three sessions per week)

Special Performance \$535 per month

Program: (For the athlete who wants to go to the next level)

Check the Athletes in Action slide show on our website for more info

Optimum Health & Exercise Therapy



*The first step to
a healthy
lifestyle*

~

256 E. Main Street
Somerville, NJ 08876
(908) 231-0800

www.optimumhealthandexercise.com

About the Director



Gerald S. Erickson, Exercise Therapist graduated from Richard Stockton College with degrees in both Psychology and Administration. Most recently, he served as the director of medical, rehabilitation, and support services at a facility for geriatrics.

Mr. Erickson's extensive experience includes being recognized by several organizations for his knowledge of nutrition and exercise therapy and is also board certified as a Clinical Exercise Physiologist, by the prestigious American College of Sports Medicine. That said, he has also earned over 600 continuing medical education credits.

Additionally, Mr. Erickson has a unique understanding of people with special needs. This understanding assists the physician to better address pain and discomfort in patients. Areas of strength include; pregnant women, people with chronic pain, and those experiencing problems from sport related injuries. Under Mr. Erickson's direction, Optimum Health is dedicated to the highest quality service delivery.



The Mission

Our mission is to help the individual achieve better health and enjoy a more active lifestyle. A life that is full and rich, void of pain, and without significant restrictions.

Why Optimum Health?

Optimum Health & Exercise Therapy offers programs that are uniquely designed for each individual by board certified professionals.

The services available include:

- Sports specific training programs
- Fitness training programs
- Exercise Therapy
- Weight Management and Nutrition
- Myofacilitation Therapy
- Pre & Post Natal Care
- Special Programs for help with:
 - Arthritis
 - Injury Management
 - Diabetes
 - Cardiac Rehab Aftercare
 - People Managing Chronic Diseases



Performance Training Specialists



Optimum Health Sports Training Academy
(see back page for details)

Fitness & Wellness Programs

Silver Program \$115⁰⁰ per month
(with nutrition add \$10.00 per month). Unlimited use and includes 1 supervised exercise session per week.

Gold Program \$195⁰⁰ per month
(nutrition now included). Unlimited use and includes 2 supervised exercise sessions per week.

Platinum Health Program \$225⁰⁰ per month
Includes 3 supervised exercise sessions per week and full access to all weight management and nutritional services.

Exercise Therapy Program \$305⁰⁰ per month
This program assesses chronic health problems and constructs a therapeutic plan to improve general health and well-being.

ALL PROGRAMS REQUIRE A MINIMUM PAYMENT OF 2 MONTHS IN ADVANCE

In-Home Training Service

(See our website for details)

www.optimumhealthandexercise.com

Weight Management & Nutritional Services

\$95⁰⁰

For complete analysis, diet plan and 3 consultations. Additional consultations are \$20.00 each. (Individuals already enrolled in a program are charged an additional \$10.00 per month, excluding Platinum clients).

Chiropractic Care

Referral Service

Myofacilitation Therapy \$65⁰⁰ per session

Injury Rehabilitation (Post P.T.)

Based on Need

Golf Stabilization Program \$499

Our cost for the Golf specific program is simple and straight forward. We work with you, two sessions a week for six weeks at a cost of \$499. This includes a thorough evaluation and special coordination with your pro.

Rates Effective 2016

At Optimum Health & Exercise,

There are no long term agreements or contracts. The only requirement is that, should you wish to cancel our services, that 30 days notice is given, in writing, with the final month's payment.