



DEXTERITY FITNESS: TRAINING SERVICES

Welcome to DexFit!

It would be my pleasure to assist you with your health and wellness goals.

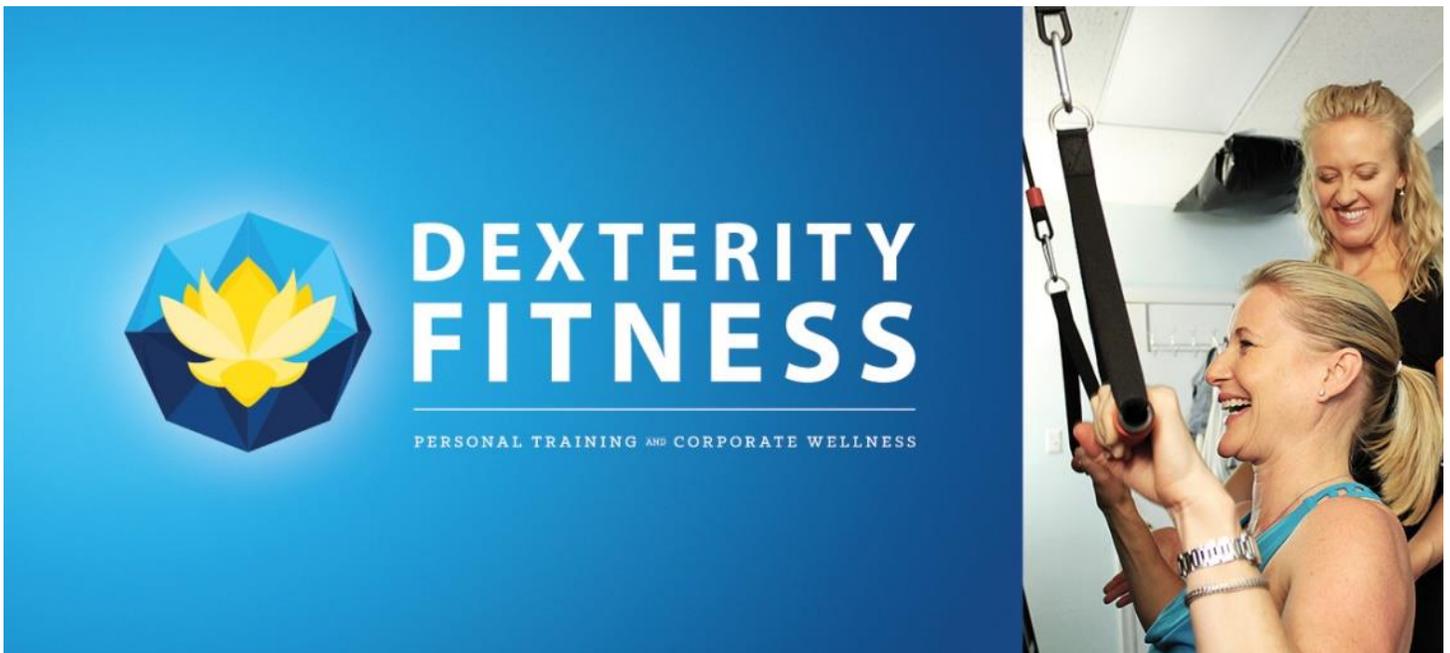
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My Training Philosophy:

- My focus as a trainer is helping clients to "train smarter to be stronger" - using safe corrective exercise as a means to good health, wellness and pain-free movement.
- Since 2008 I have helped numerous clients over the years reduce pain, improve body composition and energy levels, and improve mobility and efficiency of movement with fascial stretching, functional training and small changes to daily habits. It would be my pleasure to assist you with your desired health and fitness goals!





Fitness Consultation and Assessment (60-90 minutes):



****free with the purchase of a 4-session starter pack (excluding Home/Office Visits)***

- We would begin with a consultation to review your health history and do a few basic assessments to see how your body moves to best prepare a program for you in your gym, and future "homework" exercises.
- This assessment helps me to better understand your body biomechanics for effective program design - over the years I frequently hear from clients how informative this assessment



is - from beginners to those in advanced in fitness as it informs your work going forward

- Discuss your health history
- Determine your goals
- Review 6 Primal Movement Patterns (squat, lunge, push, pull, bend twist + core)
- Postural Assessment
- Body Composition & Measurements (optional)
- Sample of Fascial Stretch Therapy (time permitting)
- Following this you will have the option to try a 4 session **Intro to Personal Training Starter Pack** to help you begin your journey in achieving your goals - with the purchase of this trial pack your consultation is complimentary (excluding Home/Office Visits).





DexFit Intro to Personal Training Starter Pack (Four 60 minute sessions):

- The first 3 sessions are focused on reviewing exercises related to the findings of the assessment. Instructing exercises catered towards the chosen goals and determining the perfect level of fitness - positive challenge, pain-free, safely outside comfort zone for max results. These sessions help determine your future programming.
- The fourth session includes receiving a take-away workout program you can do on your own with individualized notes, catered towards your unique goals with unlimited email correspondence for any related questions. You can then continue with DexFit sessions, or try your new program on your own!



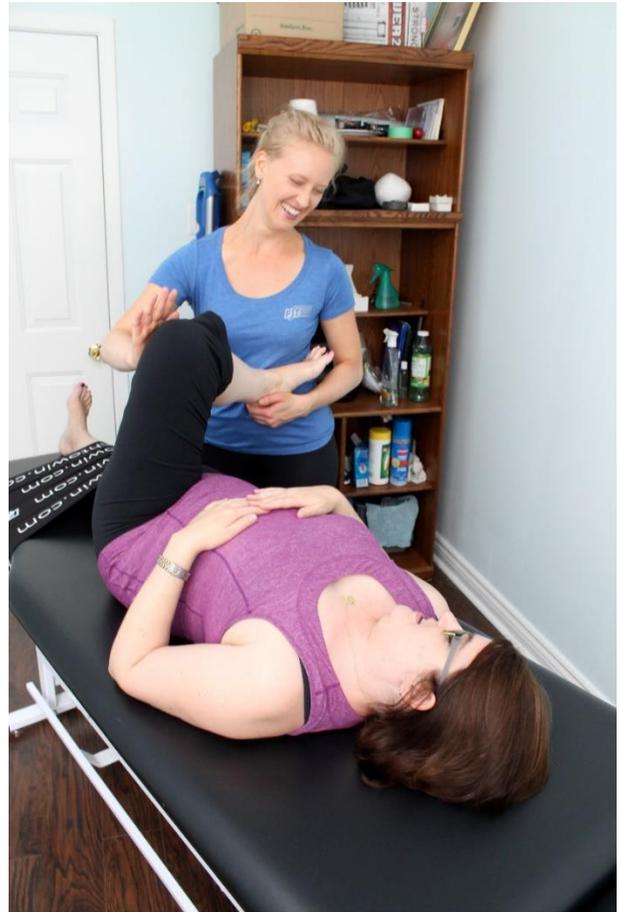


DEXTERITY FITNESS: FASCIAL STRETCH THERAPY™

FST™ is pain-free assisted stretching. This ground-breaking system of manual training reduces pain, improves mobility and increases performance and recovery.

Benefits include:

- Improved posture and functional ability to do what you couldn't do before
- Restoration of normal joint space – anti-aging at its best from youthful movement without pain
 - Improved sports performance



FASCIAL STRETCH THERAPY™

VANESSA: Personal Trainer & Yoga Teacher

"I would recommend FST for anyone with or at risk of arthritis. And even more so, I would recommend FST to anyone looking to get the most out of their workouts or who is looking for an opportunity to be guided into relaxation through their body."

KATHY: Mother, Sports Enthusiast, Injury Prone!

"This targeted assisted stretching helps release my tight muscles more than I could do on my own."



What is Fascial Stretch Therapy™?

Fascial Stretch Therapy™, also called FST™, is a ground-breaking system of manual training used on clients to reduce pain, improve mobility, and increase performance and recovery. FST™ was created based on a strong foundation of practice-based evidence and evidence based research by its founders, Ann and Chris Frederick. Their Stretch To Win Institute has a certification program for instructing FST™ practitioners. Charlene Carroll of Dexterity Fitness is a Level 2 Certified Fascial Stretch Therapist.



What is Fascia?

Fascia is the most prevalent tissue in the body and yet the least understood. The health and function of all joints and muscles are a direct result of the condition of your fascia. Healthy circulation in your muscles, joints, arteries, veins, brain and spinal cord is largely dependent on optimal flexibility of your fascia.



What happens during a FST™ session?

First we will discuss your health history and goals and complete a few basic movement assessments. After this you lie on a comfortable table with soft stabilizing straps to simply secure your body. The straps allow your FST™ practitioner to move your body in specific ways to restore lost movement or to see what is painful, weak or immobile. The movements are gentle and the session is geared towards your unique goals. FST™ is often integrated in DexFit Personal Training sessions, or as a stand-alone service.

How is FST™ different than Massage Therapy?

- Unlike massage or other stretching techniques, FST™ starts at the joint capsule and focuses on planes of tissue and lines of muscles and fascia, not just individual muscles.
- After experiencing relief and improved mobility with a few treatments you will be given stretches to complete at home to assist in maintaining your new found flexibility and reduced pain.

What are the features of FST™?

- Manipulates, lengthens, re-aligns and re-organizes your fascia
- Pain free
- Increases joint space
- Eliminates trigger points
- Improves muscle activation and relaxation
- Improves flexibility on the first session and becomes cumulative with multiple sessions
- DexFit teaches you how to maintain optimal fascial flexibility after we identify and eliminate the problems.



What are the Benefits of FST™?

- Improved posture and functional ability to do what you couldn't do before
- Rapid results
- Long-lasting to permanent outcomes
- Restoration of normal joint space is anti-aging at its best – youthful movement without pain!
- Will make all the difference in sports performance
- Reduces injuries so you can get on with your goals in fitness, sports and recreation
- No pain allows you to finally enjoy a life of quality

Who is FST™ designed for?

Everyone! If you experience pain or performances limitations, FST™ may be the answer. Whether you're an avid athlete, weekend warrior or an active older adult – you can set it free with FST™!

How can I get started?

The best way to understand this manual therapy is to try it yourself. Sign up now for a DexFit Health and Fitness Consultation to determine any current mobility restrictions or sources of pain and receive a sample of Fascial Stretch Therapy™. Following this you have the option to complete a DexFit Starter Pack of 4 one-hour FST™ sessions where you will immediately experience the benefits that increased mobility has on your quality of life! Visit DexterityFitness.com today!



DEXTERITY FITNESS TESTIMONIALS



PERSONAL FITNESS

ONLINE TRAINING:

ROB & CINDY

“We have been pleasantly surprised at how thorough and effective the weekly sessions are at home, with a combination of strength, dexterity in movement, and cardiovascular exercises. We have now been taking these sessions weekly for the last four months, and have thoroughly enjoyed them, while significantly benefiting from them.

Through Charlene’s coaching and guidance, we are confident in our capacity to continue to train for our physical and emotional well being. Another benefit we now appreciate is the time saving of home training as opposed to driving or commuting to a gym. We benefit from suggested exercise that we can easily do at home without requiring special equipment. Incorporating Charlene’s training and coaching has significantly augmented our wellness at home.”

DEBORAH

“Charlene is always careful to instruct me so that each exercise is done correctly and I know exactly what each exercise is for.”



LYNNE

"I knew logically what I needed to do for fitness and healthy eating but I was paralyzed by the enormity of the challenge and I had no idea how to start."

MARCY

"Before I began Personal Training I wasn't committed to any fitness goals. There was no consistency in my routine. I didn't know which machines to use or how to use them. I was unmotivated, and even afraid to go to the gym."

SARAH

"For my wedding day I lost the last few pounds and inches I wanted, exposing a physique I worked hard to achieve and was so proud of. I felt so much more confident on my special day with all eyes on me!"

ALEX

"Charlene has improved my technique, introduced me to more effective exercises and has pushed me to my max, giving me more confidence in what my body can do, and has helped me to gain more lean muscle mass."

SHELLEY

"My personal training experience is without a doubt the best investment that I have ever made."

MARCO

"I came to Charlene to learn a DexFit Take-Home Routine. She is incredible at adapting my condo gym to create the perfect routines for my specific goals."

ELISA

"Knowing that I now have a life where I balance a demanding career and a busy personal life with a commitment to fitness and health has been very rewarding."

LAURA

"I had never had a personal trainer before although I have done many years of yoga and Pilates. But, being now in my 60's, I thought it would be a good idea to add the kind of strength training I could get with a personal trainer."

VINO

"I started to believe I could take better care of myself while still working to take care of others."

VICKY

"Thanks to Charlene, I'm not going back to my old ways! I live by myself and didn't want to cook – she made me realize I'm worth cooking for, and I'm excited to do it!"

JUDI

"Personal training helps you organize yourself, and you definitely work harder with a



trainer than you do on your own. There's a discipline that comes into play, there's a plan - a progression."



GROUP TRAINING

ELOISE & GREER, age 14

"We were interested in improving our fitness together but required further help."

GEORGE & ELLA

"Doing group training with my daughter meant that we could spend more quality time together - and get fit while doing it!"



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ATHLETE TRAINING

JESSE

"As a professional wakeskater I appreciated that Charlene took the time to understand my sport."

D.L.

"Thanks to Charlene's corrective work I am fully recovered, squatting over 200lbs, and I have increased my lean muscle mass. My Sports Therapist is so impressed with my progress."

GAVI

"As a serious ballet student injuries are a part of life. To recover from various injuries I need physiotherapy, and to move on from physiotherapy I need Charlene."



GOLF SPECIFIC TRAINING

ALAN

"Most golfers spend their time and money on golf lessons and equipment which helps out, but most of their limitations to improvement are really physical limitations that are not going to be solved through equipment or golf lessons."

PETER

"Almost an hour lesson of driving golf balls and this morning I got up quite easily. I think this training thing is paying off!"



POSTURE

WALTER

"Through training I've achieved more strength, and definitely more flexibility. I'm standing a little straighter and some people think I have better posture and maybe a little taller!"

ROB

"I have greatly improved my mobility and posture as well as increased strength and endurance. I am now more mobile and better capable of day to day activities. Especially important given most of my time is spent in an office setting."



NUTRITION

CALLANDREA

"The best part is that I have been able to stick to it for months! It's a plan for life that I can actually follow. Thanks to Charlene's nutrition advice I have lost over 20lbs and reduced my body fat percentage by 10%!"

MICHELLE

"Who would have thought you need to eat more to lose weight?!!"



ACTIVE AGING

CAROL

"When I came to Charlene I had a persistent pain in my hip following several falls. It was as much an emotional blow as a physical one and I was depressed about the prospects of being fit going forward."

HAL

"Thanks to Charlene I've reached my weight loss goal, my back is giving me very little trouble, and the training has repaired my diastasis recti."



CHILDREN & TEENS

LUISA, Mother

"Charlene has been instrumental in guiding my teenage daughter along the correct path of a healthy lifestyle."

ALEXA: Age 11

"I'm going to do one more set cause then I'll feel good that I'm challenging myself!"



PRE & POST NATAL

CHRISTIE

"I'm glad I started personal training before pregnancy because it's good to have your body ready for anything with a healthy lifestyle in place."

CINDY

"When I learned I was expecting, I wanted to maintain my active lifestyle but knew I should seek out someone who had the training and knowledge that would allow me to do so in a safe and healthy manner."

SARA

"I am now one week away from my due date. I feel incredibly energetic, strong, upbeat and mobile and I know I would not be feeling this way if I had not completed my training sessions with Charlene."



PERSONS WITH DISABILITIES & DISORDERS

NANCY

"As a blind woman, the concept of a public gym scared me. I started working with Charlene and felt respected from day one."

**Currently working with a pre-teen with Cerebral Palsy and a client with Autism*