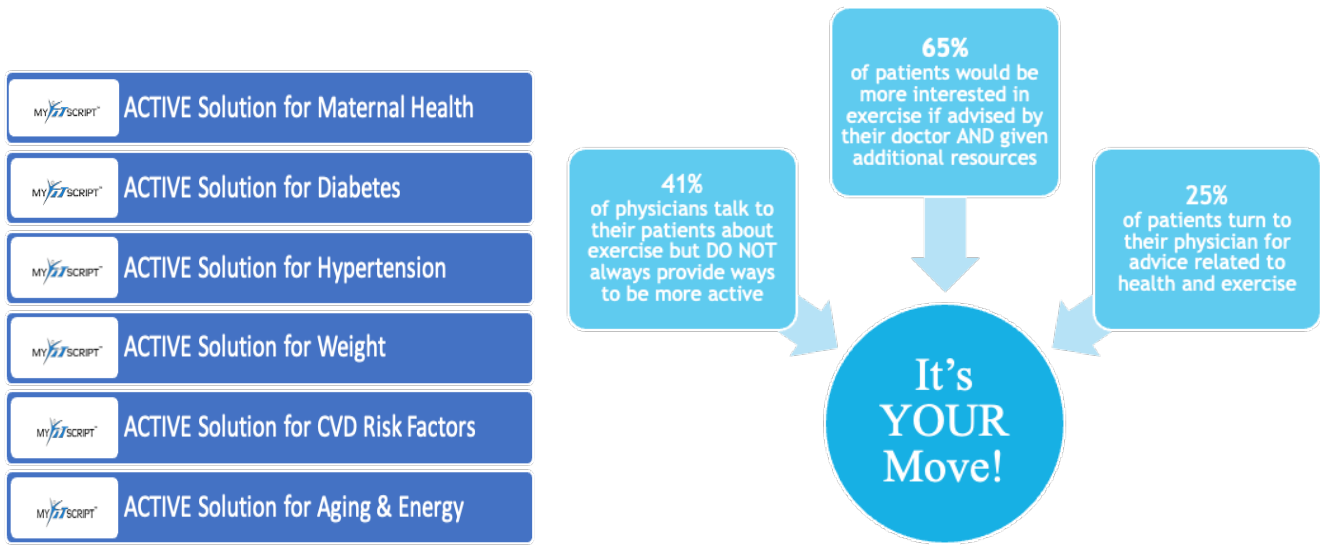
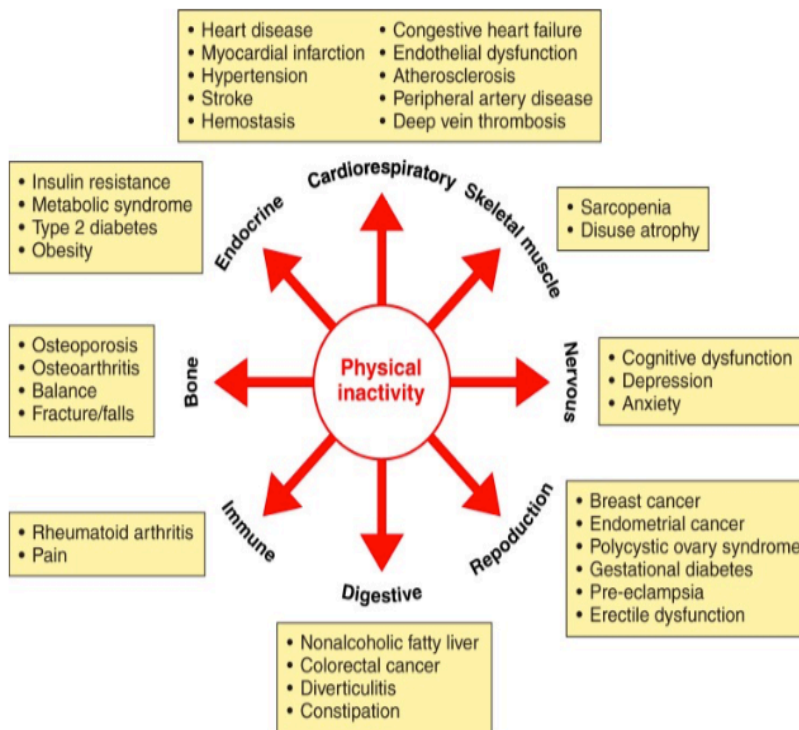


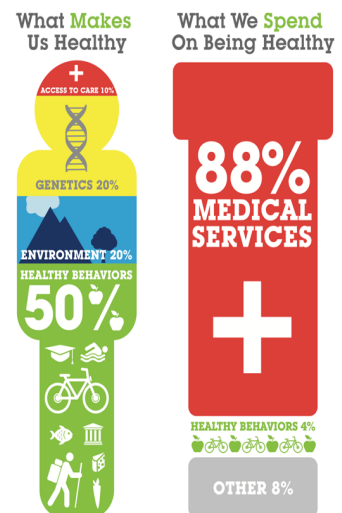
Population-Specific Bundles allow for a more targeted focus on population management with exercise intervention. Specific train-the-trainer education, resources, and patient/client resources are included in each bundle. For customization and special requests, contact info@myfitscript.com.



The Impact of Inactivity and Chronic Disease



'Physician/Provider advice for lifestyle behavior change increased the likelihood for patients to 'engage'...increase physical activity...'
Front. Public Health, 24 February 2022



Bipartisan Policy Center, 2012