



POP Fitness
EXCLUSIVELY AT POTOMAC PEDIATRICS

POP FITNESS

EXCLUSIVELY AT POTOMAC PEDIATRICS

POP Fitness offers one-on-one sessions designed to teach and give your child the necessary tools for healthy living, increase self-esteem, facilitate problem solving, and teach your child that moving can be fun.

Every session will include a 30-minute fitness component followed by a 30-minute educational component with our Certified Health Coach, who will be an active partner in unlocking your child's potential, to maximize his or her own healthy lifestyle choices

HEALTH COACH PACKAGES



STANDARD

\$50 PER SESSION



SILVER

\$225

for 5 sessions expires
3 months after purchase



GOLD

\$260

for 6 sessions expires
6 months after purchase
and receive
\$5 off the FITPACK



PLATINUM

\$500

12 sessions expires
12 months after purchase
and a FREE FITPACK.

The FITPACK includes 5 resistance bands, 1 pair of sliders, 1 jump rope, and 2 workout routines

SPORT SPECIFIC TRAINING \$60 FOR 2 1-HOUR SESSIONS
FITPACK- \$20 PROMO SPECIAL, ORIGINAL PRICE \$25

ALLISON: CERTIFIED HEALTH COACH, YOUTH FITNESS SPECIALIST

Your child will...

- Learn how to identify barriers and overcome them
- Identify proper S.M.A.R.T goal setting techniques
- Receive at home activities to get their heart rates up with little or no equipment required
- Build self-reliance
- Understand the importance of living a healthy lifestyle
- Remove cognitive distortions related to exercise and their own abilities