## Saving Those
# Who Save Others

FitRx provides comprehensive medical assessments, interventions, and solutions to overcome

- Back pain, muscle aches, arthritis
- Diabetes, high blood pressure, rising cholesterol
- Sleep disorders, sleep deprivation, insomnia
- Low energy, vitality, and endurance
- Shortness of breath and fatigue
- Stress and Trauma
- Compulsive overeating, unhealthy eating
- Smoking

Confront these challenges head on with our team of fitness experts – doctors, dietitians, therapists, & personal trainers.

Find out more about this unique health and life changing program.

Visit **FitRxBrentwood.com**

## Fitness is
# a Matter of Life

These are the Facts:

- 40.5% of police officers are obese; 4.5% higher than the American average.
- 50% die of heart disease within 5 years of retirement.
- Law enforcement ranks 2nd out of 41 professions for highest risk of obesity.
- 40% of police officers struggle with sleep disorders.

# FitRx
### Brentwood, Tennessee

Find out more about this unique health and life changing program.

Call **855.567.3537**
Or Visit **FitRxBrentwood.com**

# FitRx

# Fit for Duty
Keeping Heroes Healthy for Action

Call **855.567.3537**
Or Visit **FitRxBrentwood.com**

# A Wellness Program Designed Specifically
## for Law Enforcement

It has been said that being a police officer is not a job but a way of life that invokes passion and dedication. The requirements involved are highly demanding, hazardous, and risk-filled.

This "Call to Duty" unfortunately takes its toll on the body, mind, and soul. Therefore, it is critical to commit to a lifestyle of healthy practices in order to avoid becoming a statistic of law enforcement.

Don't fall into poor fitness.
## Call 855.567.3537



You're trained
## to face threats of every kind

But one threat you may not be trained for is **Stress.**

The law enforcement field carries the highest risk for heart attack due to excess, cumulative stress. Stress plus poor food and sleep hygiene can also leave you unfit for duty.

FitRx shows you how to minimize the effects of stress, protect your career fitness and improve quality of life.



Building vitality, physical readiness,
## & health control

FitRx techniques for Law Enforcement

- Fit into your day and duties
- Improve your health
- Make healthy movement a positive force
- Make it easy to "choose fitness"

FitRx programs build fitness, nutrition, health, and well-being into your life and work.

## We Offer

- Intensive Outpatient
- Partial Hospital Care

It's immersive – that's what it takes.