

Our team is certified by the American Academy of Health and Fitness Professionals (AAHFRP) in the exercise management of 60+ medical conditions, including:

Hypertension
Diabetes
Obesity
Cerebrovascular Accident-Stroke
Osteoarthritis
Total Joint Replacement
Cervical Strain
Osteoporosis
Lumbar Disc Herniations
Spinal Fusion
Spinal Stenosis
Spondylolethesis
MS
Muscular Weakness
Plantar Fasciitis
PCL Rupture
ACL Rupture/Reconstruction

Contact Us:

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**Medical Exercise
Solutions, LLC**

Post-Rehab Exercise Specialists

Medical Exercise Specialist, Tonia Hayes

I founded Medical Exercise Solutions, LLC to meet the exercise needs of my clients with medical conditions. I offer safe, outcome-based exercise programs to return individuals to their highest functional level of fitness once they have completed physical therapy or chiropractic care. We currently serve the Lake and Sumter County, Florida areas.



WHAT OUR CLIENTS ARE SAYING

"Before I began a Medical Exercise Training program with Tonia, I was contemplating hip and knee surgery. I had knee pain and could not function past ten in the morning. I also was unable to walk and carry things at the same time due to poor balance. I started a MET individualized program with Tonia and within five weeks the knee pain went away and I was able to function until early evening. I continued with Personal Training to reach new levels of fitness. I have reached my goals of walking without my cane. I feel more independent and am easily able to complete my activities of daily living."

Margot

"Working with Tonia was instrumental in helping me regain feeling and function as well as increasing my stamina after a stroke. I went from tolerating barely a minute on the treadmill to walking as far and fast as I choose."

Gabrielle



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WE HAVE AN EXERCISE SOLUTION FOR YOU



MEDICAL EXERCISE TRAINING (MET)

Medical Exercise Training is the next logical step in your goal to regain functional capability after completing physical therapy or chiropractic care.

MET usually last 4-6 weeks and provides a home exercise program that enables you to return to the activities you once enjoyed.

MET is designed specifically to manage your medical condition utilizing functional outcome measures, exercise condition protocols, and communication with your medical provider.



PERSONAL TRAINING

Our Personal Training program is for the individual who is without a specific medical condition or the person who has completed our MET program.

This program is designed to enable you reach the next level of fitness and function with exercise protocols and lifestyle coaching.

Our personal training programs include:

- Increasing strength, flexibility, cardiorespiratory capacity, and overall function
- Obtaining healthy body composition
- Reaching physical fitness goals
- Maintaining independence



GROUP TRAINING

Med-Fit programs are designed to teach healthier lifestyles and exercise habits in an affordable group setting

DYNAMIC BACK SCHOOL "30 Days To A Stronger Back"

A group program of six sessions that provides a supervised educational conditioning program for chronic low back pain.

DYNAMIC LIFESTYLE TRAINING "30 Days To A Healthier You"

A group program of six sessions that focuses on exercise management of diabetes and hypertension.

BEST OF HEALTH YOGA TRAINING "30 Days to A Balanced Life"

A group yoga program designed to create strength, flexibility, endurance and balance in the mind and body to compliment activities of daily living