

Letter to My Clients

I practice what I teach. I have been exercising regularly since 1974,. Exercise has become like breathing for me.

I love what I do. Let me help you make your body stronger today.

The program I design for you, your fitness class, or your retirement facility will be guided most importantly by the physical needs and goals of the participants. To do this I will draw on my research, my continuing education and my many years of experience in teaching physical fitness to seniors.

In addition to receiving a degree in education from Florida State University, I have studied and received the following certifications:

- ◇ **American Council on Exercise, Personal Trainer**
- ◇ **American Council on Exercise, Group Fitness Instructor**
- ◇ **American College of Sports Medicine, Fitness Instructor**

I believe that I can extend anyone's physical options through an exercise program specifically designed for an individual client or group. Today's research has shown that anyone, regardless of age, physical handicaps, or chronic illness, can become stronger and therefore more empowered.



Sincerely,

Rebecca Wackler

CALL US TODAY
323-934-0317

P.O. Box 36835
Los Angeles, CA 90036

Wackler Workout



Wackler Workout

**Where can you
DO it?**

In a gym.

On a bed.

In a chair.

On the floor.

In a small space.

In a wheel chair.

In your living room.

On a walker.

In an auditorium.



Do you know what the research is saying?

- ◇ Seniors older than 65 represent more than 12% of Americans.
- ◇ By 2040 the population of Americans over the age of 65 is expected to reach 70 million. (Hurley & Hagberg, 1998)

Seniors 85 and older are the fastest growing population in the country!

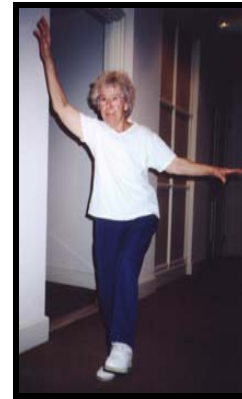
You deserve to be stronger!

- ◇ Strength training increases muscle mass, strength, balance, and overall level of physical activity, all of which can reduce the risk of falls and resulting fractures. (Pollack et al. 1998)
- ◇ Strength training helps seniors cope with arthritis by improving muscle function and reducing the load on joints. (Hochberg et al. 1995)
- ◇ Strength training is a powerful tool against osteoporosis. (Nelson et al. 1995)
- ◇ Strength training improves insulin sensitivity and blood glucose regulation. (Miller et al. 1994)

THE ISSUE IS QUALITY OF LIFE!

The Wackler Workout Program

Committed to functional fitness.
Dedicated to making



In the program designed by Wackler Workout, you will work on:

- ◇ **Range of motion**
- ◇ **Flexibility**
- ◇ **Balance**
- ◇ **Strength**
- ◇ **Neuromuscular coordination**
- ◇ **Cardiovascular endurance**

Services Available

The Wackler Workout Program is a total body workout, which includes strength training, cardiovascular endurance, flexibility, range of motion, balance, and neuromuscular coordination. Our goal is to keep seniors strong, independent, empowered, and performing activities of daily living with ease. Wackler Workout believes that anyone regardless of age, history of chronic illness, or lack of exercise, can become stronger. Our program includes the following services:

- ◇ **One on one personal training in your home.**
- ◇ **Seminars and lectures for your church, synagogue, retirement facility, or fitness group.**
- ◇ **Group fitness classes.**
- ◇ **Free consultations.**
- ◇ **Fitness training seminars for the staff at your retirement hotel**

FEEL BETTER!
BE STRONGER!
REMAIN ACTIVE!