

## Chiropractic Information

Daniel Godbout, D.C., certified in several advanced manual techniques, specializes in helping patients recover from muscular, tendon, and ligament injuries of the spine and limbs.

Roger Berman, D.C., who has practiced chiropractic care in Hampshire County for thirty years, is highly skilled in many manual and low-force chiropractic techniques.

Josef Arnould, D.C. specializes in teaching people of all ages how to perform strength training exercises safely and well in order to achieve lifetime vigor and health excellence.

Amy Kotel, M.Ed., a certified personal trainer in several fields of health and movement, supervises trainees in our Strength for Life® program and assists in the rehabilitation plans of chiropractic patients.

*Chiropractic Clinic Hours*  
Monday-Friday 8:00am-6:00pm  
Saturday 8:00am-12 noon  
Sunday 9:00am-11:00am

## Strength for Life® Training Information

Training Price List  
Prices effective January 1, 2019

Evaluation & Training Phase: \$275.00  
8 Hours of 1-on-1 Sessions

Includes: a one-hour fitness and health evaluation;; 6 one-hour, personal training sessions to develop safe and effective training skills; a nutritional consultation and additional flexibility/agility training.

*Training Passes (after completion of Initial Evaluation and Training Phase)*

One month; single member \$50  
One month; 2+ trainees \$45 ea

Three month; single member \$135  
Three month; 2+ trainees \$125 ea

One year; single member \$495  
One year, 2+ trainees \$445 ea

Family rates available 4+ members  
Additional One-hour training sessions:  
SFL Member \$40 per hr  
Four + sessions \$30 per hr  
Non-SFL \$60 per hr

### *Strength Training Hours*

Monday-Thurs. 6:00am-8:00pm  
Friday 6:00am-7:00pm  
Saturday 7:00am-1:00pm  
Sunday 7:00am-12 noon

## Strength for Life®

Health & Fitness Center  
Located in the historic  
Eastworks Building

Chiropractic Healthcare  
for people of all ages &  
Guided Strength Training  
for adults and teens



*Josef Arnould, D.C., Director*

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Phone: (413) 529-0700

***StrengthForLife.com***

## Why Strength for Life® Health & Fitness Center Is Unique

At Strength for Life® Health & Fitness Center, two healing arts of movement—strength training and chiropractic healthcare—are integrated completely. Chiropractic care restores and maintains normal function in our musculoskeletal and nervous systems. Strength training enables us to develop the power, flexibility, and coordination necessary to excel in the required and desired physical activities of our everyday lives. From a synthesis of these two dynamic health disciplines, spinal fitness emerges as a central element of whole-body health and lifelong physical activism.

This synthesis offers us an opportunity to reach a higher state of well-being than we could attain by utilizing only one of these two arts of natural healthcare. Chiropractic patients who do exercises based on strength training principles make speedier and more complete recoveries from spinal problems than those who do not. Strength trainees whose workout programs include functional chiropractic exercises for the spine attain a higher level of total-body fitness than those whose programs do not include such core-developing work.

## The Chiropractic Approach at Strength for Life®

Movement is the quintessence of life, stiffness the enemy. A primary goal for all patients is to regain pain-free full-range movements throughout the entire musculoskeletal system. By integrating chiropractic adjustments and manual therapies with selected strength training exercises, we strive to help patients not only overcome their current painful conditions, but also, succeed in their quests to achieve whole-body fitness and to excel in the most enjoyable physical pursuits of their lives.



## Nine Essential Goals of the SFL Strength Training Program

- Increase Strength
- Increase Muscle Mass and Bone Mass
- Decrease Body Fat
- Increase Flexibility
- Improve Cardiovascular and Respiratory Circulation
- Improve Posture
- Improve Coordination, Balance, and Agility
- Develop Stronger & Leaner Abdominals
- Eat Healthfully

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