



## **PERSONAL TRAINING**



**All adult health plan members (18+) of the Manatee YourChoice Health Plan receive 5 personal training sessions per calendar year at no cost.**

**You can choose to work out one-on-one or with a small group of friends. There are a variety of trainers with varying specialties and locations to choose from.**



### **Ways to use your sessions:**

- **Start a new workout regime**
- **Begin or change your existing program**
- **Get input to maximize your results**
- **Follow-through on a particular behavior or activity**
- **Post Therapy Rehabilitation & Development**
- **Exercise/Weight Loss Coaching**
- **At home workout planning**

**To schedule an appointment, please reach out to the trainer directly. Scan QR Code to view your personal trainers.**

**The sessions do not carry over and are non-transferrable.**

**For any questions or assistance in choosing a Personal Trainer, please reach out to Julie Drackett.  
[julie.drackett@mymanatee.org](mailto:julie.drackett@mymanatee.org)**