

## **Injury Prevention & Performance Enhancement:**

- **Summary:** Our athletic health staff is proud to have implemented a performance enhancement program, GAP; gain athletic performance, to help individuals reach their full fitness potential. Whether you would like to start exercising, adjust your current routine, lose weight, or build muscle, our dedicated staff is committed to assisting you in safely reaching your goals. Let us help you “bridge the gap” between your therapy needs and health and wellness goals.
- **Conditions:**
  - Overweight/obesity
  - Sedentary lifestyle
  - Post-therapy fitness goals
  - decreased athletic performance
- **Interventions:**
  - Objective tests such as body composition testing, body circumference measurements, functional movement screens, etc. to track progress
  - goal setting and monitoring
  - developing individualized fitness programs to meet established goals
  - follow-ups for further education, instruction, and adjustments