



Looking for some Personal Attention?

Are you embarrassed to go to a gym because you don't know how to use the equipment? Afraid you will hurt yourself? Don't know who to ask when you have a question?

Southeast Health Group now offers Personal Training with Bo Tamir at the Wellness Center in La Junta. A personal trainer is

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a fitness professional who has the knowledge, skills, and abilities to design a safe and effective fitness program based on your individual needs. Trainers provide one-on-one instruction and assistance, and help you create a plan to achieve your personal health and fitness goals.

“I really enjoy working one-on-one with people. You get a chance to develop

a relationship with the client, which makes it very rewarding when you see them achieve their health and fitness goals,” said Tamir. “The first session is always an assessment and then we get to work from then on.”

Bo works in tandem with the primary care team, health coach and lifestyle coaches, providing exercise training in the context of whole person health.

“Success can look very different with each client,” said Tamir. “Some want to lose weight or tone up, so we look for loss of weight and inches in addition to a change in body composition.

Others want to add muscle, weight, and strength. Some come in without any workout experience and usually



need help improving their flexibility, stability, and core strength. Success is truly individualized in personal training as each person comes in with different goals.”

In addition to personal training, the Wellness Center also offers yoga and Pilates classes, and access to the hydrotherapy pool.

Set up your first personal training appointment by calling Southeast Health Group at 1-800-511-5446.

