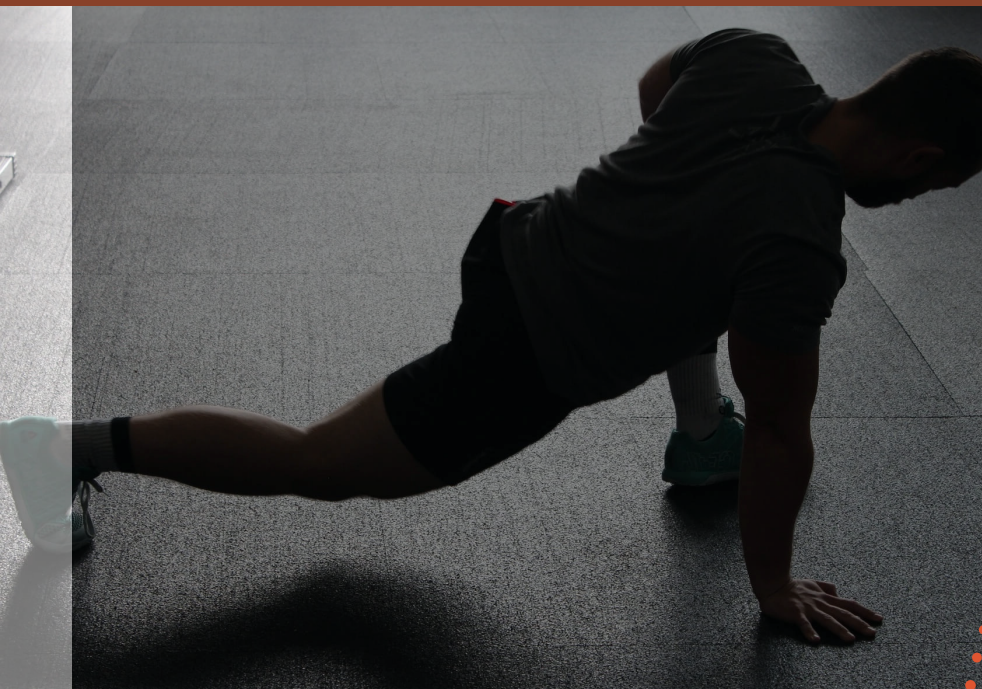


Lewkowicz

Dynamic Stretching



Dynamic Stretching is one of the most underrated but essential components to achieve fitness goals. Dynamic stretching increases performance, enhances range of motion, and activates “sleeping” muscles aiding in speedier recovery from day-to-day activities. Erase years of back, hip, and joint pain with my personalized stretching program geared towards pain management. Golfers, tennis players, and athletes of all levels experience improved performance and reduced risk of injury through my unique stretching programs.

Stretching is key to staying fit!



- **Increase range of motion**
- **Eliminate back and hip pain**
- **Decrease Injury Risk**
- **Reduce muscle tension**
- **Enhance muscular coordination**
- **Reduces cholesterol**
- **Improves posture**
- **Increased circulation**

Started with Mike just a few months ago. The training sessions are concise and always productive. I have implemented new eating habits with Mike's guidance and I haven't had this much energy since I was a teenager!

*Scott, 43
PGA Pro*

Personal training is just that, personal. I care about your fitness goals, and through the use of my results-driven training, your time and performance will be maximized so that you achieve the physique and body-positive attitude you've always wanted. Personal training increases metabolism, burns fat in all the right places by increasing lean muscles, and improves flexibility.

***We WILL accomplish
your fitness goals, together!***

- **Weight loss**
- **Bullet proof core**
- **Functional training**
- **Increase Metabolism**
- **Increase bone density**
- **Greater balance and coordination**
- **Feeling strong boosts confidence**



Mike trained my daughters travel softball team in the winter and all the girls gained strength and speed. His knowledge of stretching is awesome too. He stretches me and has done great things for my flexibility and golf swing. You want results, schedule a time to see him and see for yourself.

Pete, 44



Mike Lewkowicz
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personal trainer and nutritionist*

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