

Changing
Lifestyles is the
way.

References:

*Long Beach Memorial
Heart Rehab. Institute*

PPG Corporation

Tim Pylko, M.D.

Soifia Malolina Project

Better Backs & Bodies

Margo Deleaver, M.D.

Marc Silver, Cardiologist

*Kellen Winslow, All Pro Hall
of fame, Football*

*Los Angeles Southwest Col-
lege.*

Houston Community College



Flexercise®

P.O. Box 1496 Cypress,
Tx 77410-1496

Phone: 310-989-2339

Web page:

www.flexercise.net



®

License
and
Certification
Program

*Mind, Body,
Spirit
Fitness*



®

Vernon R. Henry, M.Ed., Physical Education

Mind - Body - Spirit - Fitness



© Sabbath Films

Go to Flexercise.net or call 310-989-2339 for more information about training.

Flexercise® is a combination of slow moving stretching, strengthening, injury prevention, stress reduction fitness program, completed with breathing and meditation designed to keep the body ready to move.

- Increase your Strength
- Increase your Flexibility
- Reduce Stress

Licensed Flexercise Trainers

The Flexercise ®Training Method is a new art form in America focusing on the mind, body, and spirit.

Begin your new career in the rapidly growing industry of health and fitness. Become Licensed and Certified to use the Flexercise Method.

Work in the following fields:

- Personal Training
- Group Fitness Instructor
- Corporate Fitness
- Exercise Therapy
- Athletic Injury Prevention
- Preventative Health and Wellness

Work with Health Professionals, such as

- Chiropractors
- Physical Therapists
- Kinesiotherapist
- Start your own class as an entrepreneur
- Work with High, School, College and Professional Athletes.

The Flexercise Method can be used with Seniors, Athletes to reduce muscular skeletal Injury, those who have Diabetes, Cardiovascular Disease, Arthritis, and are overweight or obese. In addition, be used as exercise therapy for Physical Therapy and Chiropractic services.

Program Requirements

- Hold a national certification.
- Order our home study training package.
- Attend Two-day workshop.
- Pass the written and practicum exams.

If no national certification

Order our home study training package.

Attend a Two- day workshop

Pass the written and practicum

- Receive National Certification within 12 months after Flexercise Certification is completed.

CIJH, LLC mailing address:

P.O. Box 1496
Cypress, Tx 77741-1496

Phone: 310-989-2339

Web page:

www.flexercise.net