



HIKE STRONG

Hike strong: for the older adult who has been hesitant to begin (or resume) trail walking, hiking, and outdoor recreational activities.

Hike strong is a 16 session remote program based on your individual functional movement screen and goals. Together, we will work to increase your strength, balance, endurance (heart rate conditioning), and will discuss baseline wellness recommendations prior to getting out on the trail. After the 16 remote sessions, you will have 4 additional check-ins (in person or remote) to encourage continued good habits. Then, you will have an in-person guided trail adventure by your doctor of physical therapy. Here, you will be provided with real-time recommendations and strategies on the adventure of your choice.

- 2x/week 45 min classes, 8 weeks, (16 sessions, \$5/class = \$80)
- 1x/week check-ins (4 sessions = \$20), 15-30 mins *questions, mindset, breathing techniques*
- Trail session (\$199/session) for in person assessment, recommendations and instruction

Why “Hike Strong”? This program will increase your independence and your confidence while doing the activities you love. It also service to create opportunities for community with individuals who are seeking these same goals of adventure.

Magnify Physical Therapy....seek the extraordinary!