



HAPPY NEW YEAR!

The end of a busy Holiday season has given me a chance to reflect on the previous year and thank all the people who contributed to a fantastic 2017. First, I would like to thank our clients who place their trust in our staff to provide guidance in their pursuit of health, fitness, performance enhancement and rehabilitation. We appreciate your hard work and dedication making it enjoyable for us to come to work every day. Next, a big thanks to my staff Ashley Stein, Krista Hixson, Bart Anderson and Rhianna MacDonald who make my life easier and yours hopefully better.

In her first full year as our staff exercise physiologist, Ashley Stein has done a great job working with clients, handling our social media and spearheading our athletic enhancement program. Ashley is currently working toward an MBA with an emphasis in Sports Business at Grand Canyon University and will continue this year as my right hand.

As many of you now know Krista Hixson, staff athletic trainer, completed her post-professional degree in Athletic Training from A.T. Still University this Spring. Krista was with us for two years as a graduate assistant and provided excellent care and rehabilitation to many of you. She revamped our web site, advanced our scheduling system and helped us organize virtually everything. Even though she has left for a full-time opportunity, Krista will continue to be involved as our web site manager and fill in when possible.

Bart Anderson, staff athletic trainer officially joined our team this year after many hours of volunteer work. His expertise in movement assessment and corrective exercise techniques are a welcome addition and will provide guidance to both clients and staff. We are excited to have him on board!

Most of you haven't met Rhianna MacDonald because she provides athletic training services to the athletes of Salt River High School. This is our second year being associated with Salt River and it's been a great opportunity for FITLIFE. Rhianna is a first-year graduate assistant from A.T. Still University and will be in the clinic in the late spring and summer as time permits.

What's new this year? We are excited about a new relationship with a business that is unique in their approach to wellness. "The HealthyWeigh Out" is a program for individuals seeking help with emotional eating disorders. Trainers Marta Malloy and Terri Hay will begin seeing clients in mid-January in our clinic and we are look forward to having them on board.

Finally, our team here at FITLIFE constantly strives to make your experience better. With that in mind we are going to continue to go digital with our client information. This will begin with us building a more comprehensive profile for each of our clients including, updating our forms, re-assessing each person's fitness level and program design to be shared with everyone on our staff. We are also committed to increasing relevant wellness and performance information through our web site and social media posts. Please visit our web site at www.azfitlife.com to learn more.

Thanks again for your patronage and we are all excited for 2018! Live. All in.™

A handwritten signature in black ink, appearing to read "John K. AT".