



Unique
Specific
Individual

We have fitness solutions
designed just for you



designed just for you

- A volleyball player **wanting to improve verticle jump**
- A football player **looking to increase foot speed**
- A skier **hoping to strengthen legs and improve balance**
- A recreational athlete **looking for increasing strength and endurance**

Valley General Hospital (VGH) Sports and Physical Therapy can help you attain your fitness goal, whatever it may be.

The specially-trained sports and physical therapists at VGH can establish a unique program to meet your individual athletic strength and conditioning needs.

Our new facility, located on the first floor of the Sky River Medical Center on the VGH campus, provides a gym-like atmosphere where you can get individualized plans and guidance from a physical therapist. The monthly fee will cover your consultation, a tailor-made fitness program, ongoing assessment and access to all the equipment you need to acheive your goals.

For more information, call 360-794-1407.



Monroe, WA
www.valleygeneral.com