



FOR IMMEDIATE RELEASE
Contact: Grant Senner, MD
520-820-4652
grant@athlonpt.com

Athlon Physical Therapy Offers QuickFit: Free Wellness Assessment

Tucson and Oro Valley, Arizona - Athlon Physical Therapy clinics are now offering a **FREE HEALTH AND WELLNESS ASSESSMENT** to the general public. The QuickFit will assess individual needs and make individual recommendations for exercise, lifestyle changes, medical evaluations, and follow-up assessments. The goal of the program is to provide free health and wellness education to those seeking to get and stay healthy.

In addition to the QuickFit Assessment, "Daily Moves" or daily workouts to support fitness goals are available to the general public at www.movementforlife.com.

Athlon health professionals include exercise scientists, physiologists, personal trainers, Doctors of Physical Therapy and Orthopedic Certified Specialists. They are passionate both personally and professionally about incorporating effective movement into their own lives and into the lives of their clients and patients.

QuickFit appointments can be made at all Athlon Physical Therapy Clinics including the East side location and in Oro Valley. Contact Athlon for more information regarding the QuickFit, "Daily Moves", Activity Prescription Program, and their continuing commitment to the health of our local communities.

Athlon Physical Therapy in Tucson, Arizona is committed to providing access to comprehensive evaluation, treatment, and wellness services delivered by clinical specialists as an integral part of the medical and general community. Athlon's facilities include an Oro Valley location and an East Tucson location at Tanque Verde Place. Visit www.athlonpt.com for more information.

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