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# STROKE RECOVERY **DAY ONE** **FITNESS**



Scan the code to the left to see what the experts say about exercise and stroke recovery.

# TESTIMONIALS

"I have seen the positive impact Day One Fitness has had on my husband's quality of life. We have seen such an improvement in his range of motion in both his arms and legs. He has a more positive outlook on life and the motivation to continue to improve thanks to Day One Fitness."



"Shortly after joining my strides became longer. Before, I wasn't able to raise my hand and arm over my head, but now I am able to raise it to its full reach. I am excited to see how much stronger I can become."

## GET INVOLVED

Call us today to schedule a **FREE** introductory consultation!



 803.265.1699

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 [www.dayonefitness.org](http://www.dayonefitness.org)

