



PHASE 3 CONTINUE YOUR REHABILITATION WITH YOUR LONG TERM HEALTHY LIFESTYLE IN MIND

Old Town Athletic Campus is proud to be an affiliate of Fauquier Health and provide Phase 3 Cardiac, Pulmonary, Physical Therapy Rehabilitation and assist you in achieving your health and fitness goals.

The following information will provide you with general information for Phase 3 programming and continued exercise:

GOALS OF PHASE 3

- Hone in breathing cues (PR)
- Find the appropriate RPE spot to work out and regulate breathing (PR)
- Gradually increase exercise intensity to improve heart health (CR)
- Establish a consistent work-out routine and schedule to carry on during and after Phase 3
- Improve overall quality of life
- Explore diversity and variety in exercise routines to help find activities that are enjoyable.

THE CONTINUED BENEFITS OF EXERCISING

- Physical and mental health
- Reduces the chance of recurrence of ailments and disease
- Creates more independence and the opportunity to enjoy normal activities with ease

WHAT YOUR PROGRAM OFFERS

- 1 **FREE** month of membership at OTAC including independent exercise (OTAC Iron) and group fitness classes (OTAC Spark)
- 1 **FREE** Equipment Orientation and program design
- 1 time option to purchase a 5 pack of Personal Training at a 25% discount

PHASE 3 GRADUATES RECEIVE 10% OFF 12 MONTH MEMBERSHIPS!

TO GET STARTED

Call or email OTAC to get started and schedule your tour!

540-349-2791 | info@otacfitness.com
321 Walker Drive, Warrenton VA 20186



Old Town Athletic Campus follows CDC guidelines for health and safety. We have locker rooms on site.