

# WELLNESS?

The state of being in good health, especially as an actively pursued goal.

## MISSION:

To alter the community's preconceived notions about the value of personal health through creation of positivity, lifestyle change, & education.

## VISION:

To create a flourishing community that begins with personal health & fitness and extends through each generation so that individuals can reach their true potential.

## CAN YOU HELP US HELP YOU?

We have been remodeling for one full year now and our project is taking longer and costing more than expected. Receiving a 501c(3) Charitable Organization designation allows Tri-County Health & Fitness to receive tax deductible donations. If you have a passion for community involvement, health, fitness, or general wellness we ask you to please make a monetary donation in person, through the mail, online via [BloseBrothers.com](http://BloseBrothers.com), or our GoFundMe Page. Your donation will be used to improve our 100 year old structure, renovate our space, improve equipment, and will ultimately help us impact the communities around you! ALL DONATIONS ARE TAX DEDUCTIBLE.

## CONTACT US

Tri-County Health & Fitness  
301 Wood Street  
New Bethlehem, PA 16242

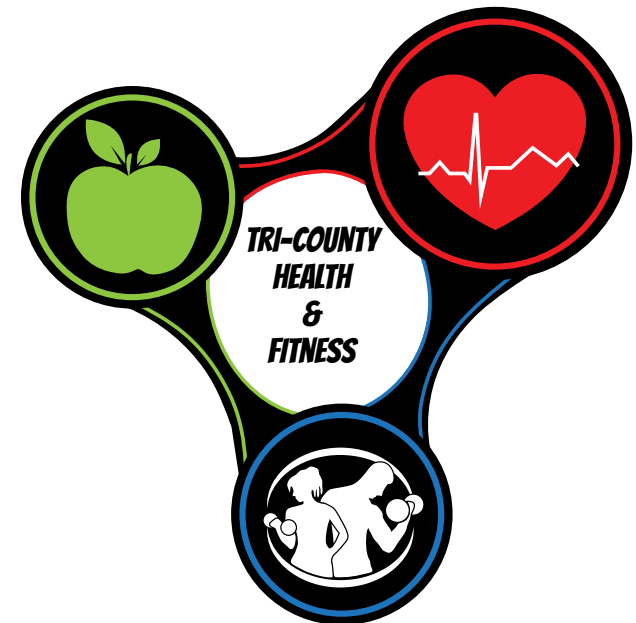
814.229.8363

TrainerMitch@  
[BloseBrothers.com](http://BloseBrothers.com)

VISIT US ON THE WEB:  
[BloseBrothers.com](http://BloseBrothers.com)  
[@TriCountyHealthFitness](https://www.instagram.com/TriCountyHealthFitness)



# TRI-COUNTY HEALTH & FITNESS



- MEAL PREP • PERSONAL TRAINING • SPORTS TRAINING
- WELLNESS PROGRAM DEVELOPMENT
- AFTER SCHOOL PROGRAMS • FREE WELLNESS CONSULTATIONS
- RUGBY CLUB • SHOP SMART GROCERY SERVICE
- GROUP FITNESS CLASSES • THE TRIANGLE OF WELLNESS

Tri-County Health & Fitness is your Tri-County community action leader when it comes to all things health and fitness. We are a Non-Profit working towards a healthier future for all.

## PERSONAL TRAINING

Trainer Mitch can help anyone who is willing to COMMIT TO CHANGE! Personal Training packages vary based on commitment and wellness goals. Everyone is different and we do not take a cookie cutter approach to your fitness. Every workout is tailored to our clients' needs.

## GROUP FITNESS NOW AVAILABLE

Trainer Mitch hosts group fitness classes multiple times per week. Each class is tailored to the individuals participating.

### CURRENTLY WE OFFER:

- Ladies Group Fitness every Monday & Wednesday from 6:30pm - 7:30pm
- Fit Kids Class Tuesdays from 6:30pm - 7:30pm
- Free Public Open Gym Saturdays from 12:00pm - 4:00pm

## FREE WELLNESS CONSULTATION

Book your Free Wellness Consultation today! This free service enables us to effectively develop a wellness plan of action. We will discuss habits, goals, potential worry, health, nutrition, and physical activity. We will find a solution to your problems, for FREE! Contact Austin directly (814) 229-8363 or book online via [BlöseBrothers.com](http://BlöseBrothers.com)

## THE TRIANGLE OF WELLNESS

*The Triangle of Wellness is a simple concept to follow that will lead you to healthier lifestyle choices!*

**NUTRITION:** Eat 3 wholesome meals per day and include something green during each meal. Drink 64oz of WATER each day! No Fake Food! Quality vs. Quantity.

**SLEEP:** Your body repairs and rebuilds during your quality sleep cycles. You must sleep 7-9 hours per day! Less screen time especially before bed!

**PHYSICAL ACTIVITY:** Simply move more. Listen to your body and move in a way that promotes healing. Keep your body at a caloric balance so that fat gain does not occur. You don't have to have a crazy workout or run for miles to achieve a highly functional body.



## MEAL PREP PACKAGES

Meal prep is a great way to eat healthy with the added convenience of not ever having to cook. Trainer Mitch partners with Chef Zack and together they cook the healthiest meals of your week.

### MEAL PREP:

Food pickups are Sundays at 5:00pm. Contact Austin directly via phone/text (814) 229-8363 to place your orders for the week.

4 Meals = \$35 | 5 Meals = \$45  
6 Meals = \$55 | 8 Meals = \$70  
10 Meals = \$80

**MEAT CHOICES:** Chicken | Steak | Fish  
Shrimp | Burger

**GRAIN CHOICE:** Rice | Quinoa | Potatoes

**VEGETABLE CHOICES:** Chef's Choice  
Salads available too!

**BREAKFAST BOWLS - \$5 EACH.**

## TRI-COUNTY RUGBY CLUB

Practices will be held locally twice weekly. On rain days practice will be held indoors at Tri-County Health & Fitness. Matches and tournaments will be held on Saturdays throughout the Western PA Region. For more information about Rugby Club contact Mitchell Blöse directly via phone/text (814) 221-7339