

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, 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

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301 Wood Street
New Bethlehem, PA 16242

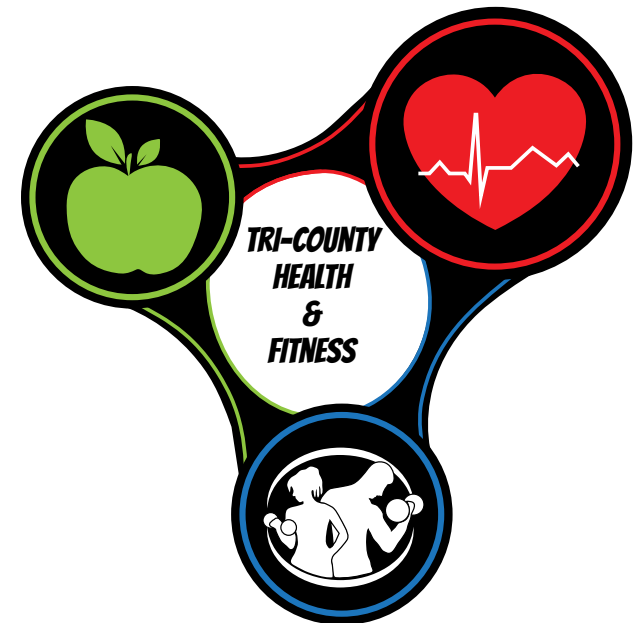
814.229.8363

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VISIT US ON THE WEB:
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.

PRODUCTS AND SERVICES:

- \$300 - 6 Week Starter Program: Two sessions per week, 12 sessions total
- \$750 - 12 Week All-Inclusive: 24 sessions, Open Gym Saturdays 12-4pm, Ladies Fitness Mondays & Wednesdays 6:30-7:30pm, 6 meals per week, and 24/7 gym access

LADIES FITNESS CLASS

Trainer Mitch hosts a Women's Only Group Fitness Class every Monday and Wednesday from 6:30pm - 7:30pm that is open to the public. Mitchell takes an educational approach to health and a hands-on approach to fitness. Each class is \$10 per session or \$50 per month. Text Mitch for more info: (814) 221-7339

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 BloseBrothers.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 SERVICE

Meal prep is the best way to eat healthy with the adage of convenience. Chef Zack Blose and Trainer Mitch team up to bring you the healthiest meals of your week. Orders must be placed by Saturday night and food pickups are SUNDAYS from 5:00pm - 5:30pm AT ZACK'S RESTAURANT in New Bethlehem. Contact Austin directly via call/text (814) 229-8363 to place your orders for the week.

MEAL PREP:

Meals \$8 | Entrées \$10 | Snacks \$4

Each Meal Prep contains 1 High-Quality Protein, Grains or Potatoes, and Fresh Vegetables. Entrées vary each week and reflect more of a dinner option. Healthy Snacks vary week to week.

MEAT CHOICES:

Chicken | Steak | Fish | Shrimp | Burger

STARCH CHOICE:

Grains | Potatoes

VEGETABLE CHOICE:

Chef's Choice

MIXED GREENS SALAD:

Chicken | Steak

BREAKFAST BOWLS:

Home-fries, Something Green, & Breakfast Meats

ZACK'S PREPPED ENTRÉE:

Varies Weekly, Always Gourmet

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 Blose directly via phone/text (814) 221-7339.