

# 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.

## THE ENTREPRENEUR FUND

Receiving a 501c(3) Charitable Organization designation allows Tri-County Health & Fitness to receive tax deductible donations.

The Entrepreneur Fund is a grant and/or small business loan program responsible for seeding, coaching, educating, fundraising, and applying network resources to fellow young entrepreneurs just starting their journey in small business. If you believe in small business and have a passion for doing the right thing, we ask you to please make a monetary donation to our Entrepreneur Fund so we may grow our economy from the bottom up.

ALL DONATIONS ARE TAX DEDUCTIBLE.

## CONTACT US

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

814.221.7339

BBC@BloseBrothers.com

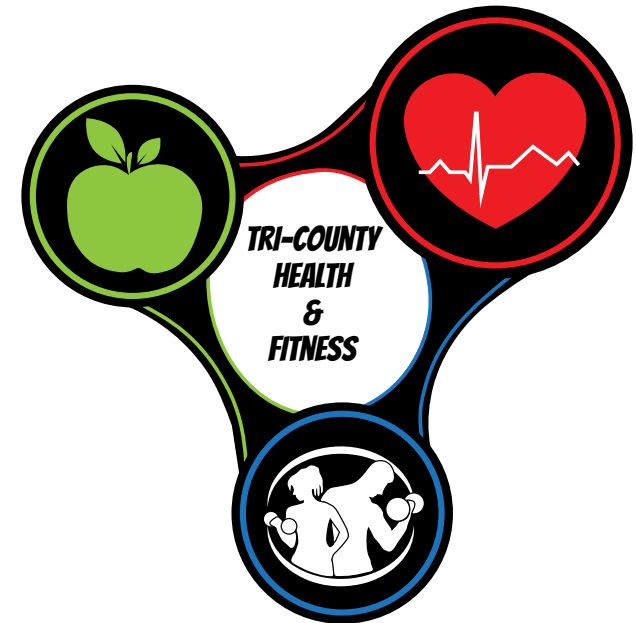
VISIT US ON THE WEB:

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

@TriCountyHealthFitness



# TRI-COUNTY HEALTH & FITNESS



- HEALTHY PREPARED MEAL SERVICE • PERSONAL TRAINING
- SPORTS TRAINING • WELLNESS PROGRAM DEVELOPMENT
- FREE WELLNESS CONSULTATIONS
- SHOP SMART GROCERY SERVICE
- SCHOLARSHIP OPPORTUNITIES

## A LOCAL NON-PROFIT WELLNESS CENTER

Tri-County Health & Fitness is your Tri-County community action leader when it comes to all things health and fitness. We are a 501c(3) 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

\$850 - 12 Week All-Inclusive: 24 sessions, 6 meals per week, and 24/7 gym access.

\$35 per Training Session

\$40 per Custom Workout Plan

\$50 per Month for 24/7 Gym Access

## TUMBLING & CHEER

Coach Blondie Tumble & Cheer host multiple classes per week for a variety of ages and skill. Each child costs \$50 per month. For more details please contact Coach Amber Kimmel (814) 229-3921. All classes take place above Zack's inside Tri-County Health & Fitness.

## FREE WELLNESS CONSULTATION

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! Call or Text Mitch (814) 221-7339.



**MULTIPURPOSE  
WRESTLING ROOM  
COMING SOON!**

## WHAT IS 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. You don't have to have a crazy workout or run for miles to achieve a highly functional body.

## HOW DO I BECOME A GYM MEMBER & HOW MUCH DOES IT COST?

If you would like to join the gym as a member reach out to Mitch via phone or text (814) 221-7339. The cost is \$50 per month. Each member receives a punchcard every month for when they renew their dues. Each punchcard is worth \$50 in free items! Each member gets (3) free meal preps from Zack's. (2) 15% off discounts from Zack's and (2) free Pre or Post workout drinks/shakes.

## HEALTHY PREPARED MEALS

Orders will need to be placed by FRIDAY NIGHT for food pickup at Zack's Restaurant in New Bethlehem Sunday from 5:00pm - 9:00pm. Call or text Mitch your meal list (814) 221-7339.

### BOXED MEAL SERVICE

#### Organic Salads \$8

Roasted chicken or grilled steak, tomatoes, cucumber, onions, nuts, fruit, parmesan cheese, and house-made dressing.

#### Marinated Chicken Breast \$8

Seasoned, marinated, and roasted chicken breast paired with buttery broccoli and Chef Zack's rice & bean blend.

#### Grilled Chuck Eye Steak \$8

Marinated and grilled chuck steak sliced thin paired with Chef Zack's sweet potatoes and Butter-Garlic Brussel Sprouts.

#### Hand-Cut Salmon Loin \$8

Sautéed salmon chunks paired with green beans and Chef Zack's wild rice blend.

#### Shrimp Du Jour \$8

Sautéed shrimp with a weekly pan-sauce paired with carrots and Chef Zack's wild rice blend.

#### The Original Breakfast Bowl \$8

Home-fries with sausage, bacon, peppers, mushrooms, onions, broccoli, & kale. Topped with scrambled eggs and cheese.

#### Chef Zack's Prepped Entree \$10

A weekly surprise with upgraded sides, locally sourced vegetables, and a premium protein.

#### Eggs & Oats \$8

2 hard-boiled locally sourced eggs, protein packed steel cut oats flavored by the Chef himself and paired with a house-made protein bar!

#### Healthy Snacks & Treats \$4

Zack's Trail-Mix | Granola Parfaits  
Chef-Made Protein Bars | Cold Picnic Salads



**NOW DELIVERING MEAL PREP  
RIGHT TO YOUR DOOR!**

\$50 Minimum for Delivery. \$15 Delivery Fee Applies. 15 Mile Radius.