

OUR SERVICES

1:1 TRAINING

Fully customized for each client. Free consultation, facility tour, and a unique training plan that addresses YOUR specific goals and requirements, with ongoing support, and maximized for results and motivation

FOR SPECIAL NEEDS CLIENTS

- **DISABLED, SPECIAL NEEDS** Bret Bondlow's proprietary Behavioral Fitness Training program; reduces behavioral issues; improves health, focus, productivity and social interaction; strengthens functional movement; meets sensory needs
- **REHABILITATION** Chronic back pain; joint replacement recovery; strained or pulled muscles; cardiovascular conditioning; MS; stroke; Parkinson's
- **CORRECTIVE EXERCISE** Postural conditioning; joint mobility; shoulder girdle strengthening; lumbar/pelvic/hip conditioning; floor exercises; multiplanar movement patterns; balance.

FOR PRO-ATHLETE, SPORTS CONDITIONING CLIENTS

- Form and technique for explosive power, strength and stabilization; reduce risk of injury

FOR SENIOR TRAINING, GENERAL POPULATION

- Fall prevention, gait training, balance, stabilization, joint mobility, cardiovascular conditioning

TRAIN-THE-TRAINER OPPORTUNITY

Learn and implement our **Behavioral Fitness Training** program. See reverse for more information on BFT.

FOR CLINICIANS Compelling Fitness' outreach initiative teaches our Behavioral Fitness Training program to trainers, teachers, clinicians, therapists and others interested in serving the special needs community. Group setting or 1:1 sessions.

RECEIVE OUR
Behavioral Fitness Training Manual
see reverse

SPEAKING ENGAGEMENTS, EDUCATIONAL WORKSHOPS

Focused on developing fitness programs for special needs

FOR GROUPS & ORGANIZATIONS Training workshops on developing fitness programs for special needs adults and children. All workshops can be tailored to specific audiences and events. Workshops can be offered to the public based upon availability.

“ *OUR MISSION* is to provide all individuals with the opportunity to engage in physical fitness, nutrition, social interaction, daily life skills, sensory integration and PLAY.”

OUR CLIENTS

SPECIAL NEEDS

Children and adults, regardless of cognitive, physical, emotional or behavioral abilities

· DISABLED, SPECIAL NEEDS

Autism, down syndrome, cerebral palsy, ADHD

· REHABILITATION

Those discharged from physical therapy and needing ongoing program development

· CORRECTIVE EXERCISE

Beneficial to all individuals, regardless of physical capabilities

PRO-ATHLETE · SPORTS CONDITIONING

Athletes of all levels - sports conditioning, performance enhancement and more

SENIOR TRAINING · GENERAL POPULATION

Seniors of all levels seeking a full, active lifestyle without limitations

Physical fitness is essential to a full and healthy life.

We create customized programs for each of our clients based on their unique needs.



“ *Bret Bondlow believes that to really help kids with special needs connect to themselves, others, and the environment, we must first begin with their physical selves. I support his broad vision...and hope that it spreads widely among parents and professionals in education.*”

Thomas Armstrong, author, *Neurodiversity*

OUR PROPRIETARY PROGRAMS

Developed specifically for the special needs community

Bret Bondlow has formulated two unique and proprietary programs for the special needs community. These programs successfully address the critical need for movement-based exercise and physical fitness, and reduce adverse behavior while increasing positive behaviors and results.

BEHAVIORAL FITNESS TRAINING

Behavioral Fitness Training uses movement-based exercises to reduce behavioral issues, improve and increase daily focus and productivity, strengthen functional movement patterns, and improve overall health, while increasing social interaction and meeting the sensory needs of the individual.

The Behavioral Fitness Training program is designed to teach:

- **THE TRAINER** the behavioral aspect,
- **THE CLINICIAN** the fitness component, and
- **THE PARENTS** the family-based fitness program.

TRY IT OUT!
see below

BFT involves three distinct phases: (1) Observation, (2) Interaction and Rapport Development, and (3) Program Implementation.

TRIGGER-THE-TRIGGER FITNESS THERAPY

A process that defines where the special needs individual expresses himself physically, emotionally or verbally due to a stressor caused by anxiety, frustration, anger, or other; and implementing a movement-based routine to reduce and/or eliminate the trigger and resulting behavior.

ABOUT BRET BONDLOW

Bret Bondlow has over 20 years of experience as a personal trainer and working with special needs. Bret holds a BS in Behavioral Science and has been trained in crisis management through NAPPI (non-abusive physical and psychological intervention) and CPI (Crisis Prevention Institute). He is certified through NASM as a Performance Enhancement Specialist as well as ACE as a personal trainer.



Bret is a certified Kettlebell Instructor through CrossFit with Jeff Martone. He is Level 1 Certified Coach with Battling Ropes. He has trained professionals on stability ball and medicine ball training. He presented on Functional Training/Sports Conditioning to Portland Athletic Club, Falmouth, ME. He was a 2009 finalist for Personal Fitness Professional Trainer of the Year.

Bret has worked with athletes at all levels as a Performance Enhancement Specialist. He ran conditioning programs for BAT (Baseball Analysis Technique), and has trained 1:1 with professional hockey players.

Bret has extensive knowledge of working with seniors, developing classes on fall prevention training, gait, balance, stabilization and joint mobility, and has worked with 100+ yr olds helping live a full and active lifestyle with few limitations.

Bret has authored numerous articles on body weight training, childhood obesity, senior training and the importance of PLAY. He was fitness consultant with WGME TV in Maine, and was featured in its On Your Health segment. He has been profiled on PAC-TV teaching Functional and Body Weight Training.

For more information, please visit www.compellingfitness.com.

try our

BEHAVIORAL FITNESS TRAINING PROGRAM

purchase the

**BEHAVIORAL FITNESS TRAINING
INSTRUCTION AND IMPLEMENTATION MANUAL**

\$25 downloadable pdf

bret@compellingfitness.com OR (339) 206-1109 OR www.compellingfitness.com

A great way to try the program for those contemplating Train-the-Trainer or advanced, comprehensive training.