

# KEEP MOVING FORWARD, INC

Located at the INTENSIVE REHABILITATION CENTER OF NEW YORK

## JOIN THE FIT LIFE AT KEEP MOVING FORWARD, INC

### OUR INDIVIDUALIZED STRENGTH PROGRAM

*Encompasses a variety of tools resulting in a wide range of improvements including...*

- *Physical assessment*
- *Normalization of muscle tone*
- *Increase of range of motion*
- *Increase of coordination and balance*
- *Independence in functional skills*
- *Building and maintaining strong/ healthy bones, muscles, and joints*
- *Self-esteem and body awareness*
- *Improves sensory and vestibular integration by using unstable surfaces*

PICTURE YOURSELF HERE

**FOLLOW US ON**



**KEEPMOVINGFORWARD**



**KMFINC**

**\$250/HOUR SESSION OR**

**\$2,000 FOR 10!**



Located at:  
306 Nassau Boulevard,  
Garden City South, NY 11530  
(516) 208-2100  
[www.keepmovingforward.info](http://www.keepmovingforward.info)

