

# Mountain Life Fitness Personal Training Program

**By: Benjamin Fairchild**

Spring is coming soon! I'm sure everyone is excited to get out and begin to run, hike, and have fun with the summer outdoor sports! Mountain Life Fitness offers an array of ways to help you achieve your outdoor fitness goals. In addition to our comprehensive personal training programs, we provide excellent in-depth training services such as personal gait analysis.

Regardless of the type of activity you are participating in, a personal gait analysis may greatly improve your performance, knowledge of equipment, and prevent injury. During a gait analysis, we assess how your feet, knees, and hips react to the way that you walk or run, regardless of terrain. We concentrate on promoting injury prevention through identification of negative walking or running performance, compensations and limitations, guiding you toward the purchase and wearing of proper shoes or orthotics, and teaching you how shoes may affect your performance. A gait analysis may benefit any level of fitness, from novice exercisers to elite athletes. If you experience knee pain, low back pain, improper cycling/walking/running technique, or pain when ascending or descending stairs; a gait analysis may reveal imbalances throughout your body. Once identified, we may then create a program that will assist in correcting these imbalances.

Improve your performance and enhance your summertime activities by contacting us today about your personal gait analysis. Have fun, be safe this summer, and check in at Mountain Life Fitness for all your fitness needs.

