

SERVICES PROVIDED

- **Personalized Resistance Training Programs** on site, in your home, or sent to you via the internet with video clips attached to show you how to correctly execute the suggested exercises.
- **Personalized Running Training Programs** for beginners to experienced runners—from 5K to 100-miles and beyond.
- **Personalized Meal Plans** (including Grocery Lists to expedite your grocery shopping for the week) based on your goals and needs.
- **All programs are based on your current fitness level, medical concerns, injury history, fitness and/or race history, and current goals.**
- Pay by the hour for one-on-one, email, or phone consultation **or** buy a complete program—it's up to you.



Tracy with a Happy Client.

"I've been a recreational runner for many years, enjoying local road and trail runs with an occasional half or full marathon thrown in for fun - but never taking them seriously. However, as every runner knows, you're not a REAL runner unless/until you've qualified for the Boston Marathon! So, upon turning 40, that became my goal and I trained hard for my first serious attempt at 26.2 miles - using a training program printed in a magazine. Let's just say that didn't work out as planned, at least beyond mile 20 once I hit the wall! <grin> So, still wanting to be a REAL runner, I asked around The Kennekuk Road Runners, my local running club, and Tracy came highly recommended as an interactive option better than just blindly following a printed schedule - and I've never received better advice.

Tracy develops a complete custom training schedule that takes into account the areas I specifically need to work on, adjusts the schedule on a per-month basis to match my progress, and even helped pick out my goal marathon for Boston qualification. With her assistance, I'm not training harder, just smarter! And my times are improving even at middle distances. Along the way, I'm learning more about running than I have in 20 years of magazine subscriptions and I heartily recommend Tracy even for experienced runners wanting to perform to their full potential." --Kevin Stroud, Danville, IL



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**PERSONAL TRAINING
&
RUNNING COACHING**



IMPROVE & ENJOY YOUR RUNNING
WITH
COACH TRACY THOMAS
(Overall Winner 2005 Arkansas Traveller 100)

*Quality Results with Quality Customer
Service--Guaranteed!*

TRACY Y. THOMAS, MA

ACSM HEALTH/FITNESS INSTRUCTOR
NSCA CERTIFIED STRENGTH &
CONDITIONING SPECIALIST
COMPETITIVE ULTRA ENDURANCE
RUNNER
CHI RUNNING SPECIALIST

Over 30 years as a runner and
resistance training (weight lifting,
etc.) enthusiast.

10 years in the profession.

Experience in post-rehab training for
injuries.

Works with the non-exerciser who
needs or wants to incorporate fitness
into their lifestyle to enhance and
improve their quality of life.

Works with professional, collegiate,
amateur, and novice athletes.

Designs exercise programs for
individuals of all ages and abilities.

Offers Meal Plans and Grocery Lists
designed by Registered Dietitians to
assist with nutritional needs and/or
weight loss.

CHOOSING THE RIGHT PLAN FOR YOU!

Initial Consultation (required):

This consists of information gathering, information analysis and then a phone interview where I gather yet more information and ask any necessary questions.*

Fitness Evaluation (optional):

Fitness Assessment, Postural Assessment, Flexibility Assessment and Body Composition Analysis via Lange Skinfold Calipers.*

Personal (Resistance) Training:

55-minute sessions either on-site or in your home. Another option is the 12-week "economy" program: We meet twice to insure proper exercise form and then you do the program on your own for 12 weeks. "Long-distance resistance training" may also be an option.*

Buying a "Complete Running Program":

Buying a complete running program means you pay one set fee for a given distance race for which you want to train (a 5K program costs less than a 50-Miler program because it requires less time to design and the program is shorter).*

Coaching-by-the-Hour:

Just what it says, or, perhaps you just need some assistance with your training or have some questions you need answered by an experienced professional, but don't need or want a full training program. Then this is a great option. Just make a list of your questions, give me a call and I'll bill you in 15-minute increments for the time we spend on the phone (plus any additional time, if necessary, to research an item and get back to you). Much more info on website.*

Meal Plans & Grocery Lists:

You may purchase these for any time period from 1-week to several months. Billing is based on number of weeks.*

*See www.BodyMechanicFitness.com or email Tracy@BodyMechanicFitness.com for additional information on Services & Fees.

TESTIMONIALS

"Tracy's business is, aptly, named 'BodyMechanic Fitness.' I've run for 20+ years, but that doesn't necessarily mean I was running correctly. Tracy's Gait Analysis and Training Program were part of my 20-year 'tune-up.' Thanks to the 'mechanic's' eye, I am running more efficiently, gradually changing bad habits, and, overall, running smarter and faster (2 personal records since starting with Tracy)". --**Chris Pawlicki--Champaign, IL**

"I lost 10 lbs on my own and knew I needed a structured exercise program to strengthen and tone my muscles. Tracy created a customized weight training program to suit me and my busy lifestyle that allowed me to see results in just two weeks. It helped me jump start my weight loss pursuit even further and did so without making me sore and unmotivated. She's very knowledgeable about fitness and nutrition and always provides helpful nutritional tips to keep me on track. She's very supportive and makes me feel good about my progress. I highly recommend Tracy no matter what your health or fitness goals might be." --**Melanie Braidich, Garden Grove, CA**

"Tracy transformed my running and enabled me to run marathon PRs and complete an ultramarathon through imaginative strength training routines (designed for runners) and moral support. Even though she is speedy enough to win marathons and ultramarathons, she somehow never made me feel like my much slower pace was holding her back. I have seen her inspire and motivate runners of every level to reach goals they would never dream of setting for themselves without her training, support, and contagious enthusiasm." --**Joanna Moore, Brentwood, CA**

With Tracy's advice, I have been able to increase my distance, strength, stamina, and speed even though I first started these changes in my fifties...with just one suggestion from her, I am now able to run for hours—something I have never been able to do before." --**Mike M, Rosemead, CA**