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FOR IMMEDIATE RELEASE

**THE BENEFITS OF ACTIVE RECOVERY: STAY FIT, GET WELL**  
Innovative New Business Combines Physical Therapy and Personal Training

Sticking to a regular exercise program is challenging enough for the healthiest of people—but for those suffering from a medical condition or recent injury, working out can be downright painful. While it can be tempting to skip exercise altogether, staying active through physical activity is one of the most important things you can do to ensure a full recovery.

To help those who are starting a weight loss and fitness regimen while facing an injury or disorder, a local physical therapy provider, Hope Rehab Katy, has launched a special program geared toward their unique needs. The first of its kind in the Katy, Texas area, this state-of-the-art facility is equipped with fitness equipment and an aqua therapy pool.

Premier equipment isn't the only thing Hope Rehab offers to its special-needs clients. The company has also enlisted the services of Jason Hodge, a seasoned fitness trainer from Medical Fitness Pros. Jason is committed to helping each client overcome their injuries or conditions and achieve maximum wellness. Even the most challenged clients can benefit from the combined benefits of Hope Rehab Katy and Medical Fitness Pros.

The new facility offers dozens of amenities for optimal well-being, including physical therapy, aquatic therapy, personal training, and fitness memberships. Each of the experienced, results-driven personal trainers at Medical Fitness Pros has achieved special certifications to work with a variety of medical conditions, such as musculoskeletal injuries, neurological conditions, metabolic disorders, and cardiovascular diseases.

On Tuesday, May 19<sup>th</sup> from 5 – 7 PM, Hope Rehab Katy and Medical Fitness Pros will hold their official ribbon cutting and grand opening. A crawfish boil will take place during the ribbon cutting festivities.

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For more information about this event, or to schedule an interview with Jason Hodge, please contact Jason at 281-500-6055 or e-mail [jhodge@medicalfitnesspros.com](mailto:jhodge@medicalfitnesspros.com).