



## News

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# F.I.T. Human Performance custom-designed training for health and fitness

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THE WOODLANDS, Texas— Whether you're a couch potato who wants to turn over a new leaf and achieve a healthier lifestyle, or a professional athlete, F.I.T. Human Performance (Functional Individualized Training) will customize a comprehensive health and wellness program for your specific goals.

Centrally located in the heart of The Woodlands

on Glen Loch Drive, this concept of tailoring the wellness program based on the client's current health status, in conjunction with their capability and targets, under the guidance of a highly-credentialed professional, is a formula for success. Bob Geib, the owner and trainer of F.I.T., has over thirty years of experience in the fitness industry and almost every conceivable certification. In addition to a Bachelor of Science degree in Wellness Management and Exercise Physiology, he is certified with the National Academy of Sports Medicine, a Certified Personal Trainer (CPT), a Corrective Exercise Specialist (CES), and a Functional Movement Specialist.

If that isn't impressive enough, his resume includes having trained athletes with the Chicago Bulls, Atlanta Braves, San Jose Sharks, and also Olympians with the 1996 Atlanta Commission of Olympic Games (ACOG).

At the crux of his program is the F.I.T. functional movement assessment to identify the client-specific movement patterns that are inefficient. This is crucial to customize a fitness program that is specifically designed for the individual, so that it will improve their flexibility, durability, movement competency, and stamina...and if you mention this Woodlands Online story, the movement test is FREE! The program is age-appropriate, enabling any participant to reach their goals safely and effectively.

"It's exciting to be instrumental in helping people achieve their goals," said Geib. "But for anyone, it's fundamentals first."

Geib's specialized boutique gym doesn't cater to a specific niche market or demographic. The state-of-the-art training equipment can be adapted for anyone and every sport. One apparatus in particular, is the only one of its kind in The Woodlands...the VersaClimber. Rated #1 in cardio, and both fat and calorie-burning, the VersaClimber combines both upper and lower body exercise into one natural vertical climbing motion. Working both segments of the body in tandem makes this facet of training especially effective for extreme sports like Mixed Martial Arts, Iron Man competitions, triathletes, rock and mountain climbing, and every sport that requires agility and endurance, which is probably every one of them.

"There's nobody I can't train," said Geib. "My STEPS program is designed for optimum results. We are the bridge between beginner fitness and the medical community."

STEPS will step the client through Stability, Tensility (flexibility), Endurance, and Power, to achieve the Super F.I.T. status. For more information about the F.I.T. concept, the STEPS program, or the VersaClimber, contact Geib by phone or email.

F.I.T. Human Performance is approaching its first anniversary in The Woodlands in January. The gym is located at 27240 Glen Loch Drive, south of South Panther Creek. Visit the F.I.T. website for additional information.

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