



Total Fitness Training, Inc.

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Dennis K. Flood, M.S.

Masters Degree in Exercise Physiology

First Degree in All-level Education

University of Texas, Arlington

Master's Degree in Exercise Physiology with an emphasis in Cardiology, Body Mechanics and Nutrition
University of North Texas, Denton

Assisted in starting up a cardiac rehab program in Dallas, Texas

Then directed the start-up of 3 other Cardiac Rehab Programs at other large hospitals in Texas, staying at each hospital for about 6 years

In 1994 gathered a team of professionals and directed the start up of the cardiac rehab program at Sarasota **Memorial Hospital**, which is still going strong to this day

In 1999 was able to assemble a great team of professionals and started **Total Fitness Training, Inc.**, an **Exercise Physiology Clinic** here in Sarasota, working with people who have any type of medical condition

We have a wide focus. We help individuals get “back on their feet” and give them hope. The clients we help have medical conditions like heart disease, lung disease, after a stroke, before and after back surgery, hip replacement, knee replacement, any kind of surgery, Parkinson's, weight problems, diabetics, high blood pressure, Osteoporosis, etc.

We exercise with clients at the clinic or at a client's home or care facility.

Our goal is to assist each client with the following issues:

- With level of physical strength and stamina and self confidence
- To better manage their medical condition
- To improve their quality of life so they can stay healthy
- To take care of themselves every day and be able to walk any place with strength and confidence

We start slowly and progress gradually. We stay in close communication with each client's physician(s). As a team we very much enjoy the work we are doing.

In 1986 published, through Human Kinetics Pub:

“**Practical Math for Health Fitness Professionals**” by Dennis K. Flood, M.S. ([See Google](#))

The most important aspect of life is one's physical fitness, health and well-being and being able to walk and be steady. When we are healthy we can do anything!