



Total Fitness Training, Inc.

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(941) 366-8500 • www.TotalFitnessTrainingInc.com

Mission Statement

We help friends stay physically fit, strong and healthy

At Total Fitness Training, Inc. we are focused and dedicated to the goals, ambitions, and aspirations of each individual. Our professional staff combines its knowledge and education, and we “team-up” with each person to provide the necessary direction for achieving the benefits of positive health, well-being, fitness, and the best possible quality of life.

- When all other medical professionals have given up and say there can be no further progress, we step in.
- When it seems like no one else knows what to do, we step in.
- When it seems like there is no hope of returning to a functional level, we can provide that right kind of therapy and the right kind of support.
- We know what needs to be done and how to do it.
- We can find that “spark” of potential!

We will communicate with your doctors. Then we begin to provide the specific guided therapy that is required in order to regain health, strength, stamina, the ability to walk, provide self care and be able to perform *Activities-Of-Daily-Living*.

We maintain the highest level of education feasible and stay current with the latest trends pertaining to cardiovascular fitness, strength, flexibility, balance, health, positive well-being, nutrition, disease prevention and medications. The most important thing that we can do for ourselves and families is to stay physically fit and healthy.

I welcome you to our positive health and fitness family.

Dennis K. Flood, M.S.
Masters Degree in Exercise Physiology

