

PRESS RELEASE



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Midwest Orthopaedic Center Gets with the Program

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PEORIA, IL - When you think fitness, you might not think of Midwest Orthopaedic Center, but they are working to change that. In February, they began testing three new programs offered to the public. The programs are Elite Athlete, Adult Fitness Training and Youth Fitness Training. Each program is offered at Midwest Orthopaedic Center's new facility located at 6000 N. Allen Road in Peoria and is highly individualized.

"We are very excited about our new building and the 35,000 sq. ft. sports training center," said Michael Gibbons, MD, president. "We can now provide the highest level of injury prevention and sports specific training programs available anywhere in Illinois."

The Center added Briget Schmidt to their team to instruct the programs. Ms. Schmidt's holds a bachelors degree in Exercise Science and has extensive background in training both individuals and athletes. "These programs really allow me to bring people closer to their goals. It's great to hear when an athlete I instruct gets signed to a team or when I can help a person reach a goal they previously thought was unattainable," Briget stated. She holds the title of Exercise Specialist.

The Elite Athlete program is geared toward athletes who want to improve their performance. Adult Fitness Training focuses on helping adults who may never have been to the gym determine how to lead a healthy life through a combination of exercise and lifestyle changes. Exposing kids to many different kinds of activities is the goal of Youth Fitness Training. "We hope children will find something they enjoy in the class and pursue it to prevent the problems that can accompany a sedentary lifestyle," said Dr. Sam Betts, Director of Rehabilitation.

Midwest Orthopaedic Center also offers Sportmetrics. Sportmetrics is a jump training program created by Cincinnati SportsMedicine which is especially effective at helping women reduce knee injury and improve jump height. The Center is the only one in the Peoria Area with an accredited instructor for this program.

Currently, Midwest Orthopaedic Center is working with the Peoria Park District to offer their programs to the public.

Midwest Orthopaedic Center offers more specialties than any other orthopaedic group and has a new building located at 6000 N. Allen Road. Midwest Orthopaedic Center is proud to serve the Peoria Community and all its fine hospitals.

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