

PhysFit



RunFit!

Sponsored by: **UCSF Dept. of Physical Therapy & Rehabilitation Science**
In Partnership with: **Campus Life Services Fitness & Recreation**

Defy gravity and achieve peak performance in record time!

The G-Trainer offers personalized precision unweighting benefits that allow you to reduce your body weight by up to 80% and build endurance without the pain and risk associated with full-weight impact on joints, bones, tendons, and muscles. The G-trainer received FDA approval for medical and therapeutic use to treat individuals who are weakened or impaired by illness, are suffering from mobility issues that limit physical activity, or are recovering from injury or surgery. With leading-edge gravity differential technology, you can improve mobility and health, recover from injury and surgery more effectively, overcome medical challenges that limit movement, and enhance physical performance.

Top five reasons to try the G-Trainer:

- Exercise with full range of motion
- Workout with your natural gait and rhythm
- Minimize pain during rehabilitation
- Enhance your fitness level
- Maintain strength and build endurance

Days & Times: Flexible; please contact us to schedule.

Location: Health & Wellness Center
Bakar Fitness & Recreation Center, Mission Bay
1675 Owens Street, SF, CA 94158

Requirements: Participation may be subject to screening by the supervising physical therapist.

Instructor: Members of the Physical Therapy staff and students of the graduate/doctoral programs

To register or obtain information about this program, please contact us:

UCSF PhysFit
Physical Therapy Health and Wellness Center
Bakar Fitness & Recreation Center
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