Back to Life Fitness Program

The Path to a Healthier Active Life

Back to Life Fitness is a medical exercise program under the close supervision and instruction of an Exercise Physiologist in order to assist those who want to strengthen muscles, increase endurance, speed, flexibility, or improve balance to keep the body fit, active and healthy.

The BTL program specializes in working with individuals who may have the following conditions:

- Musculoskeletal
- Neurological
- Metabolic
- Cardiovascular

BTL is open to anyone, even those completing care from a physical therapist, chiropractor or other medical provider.

Through BTL our Exercise Physiologist will design, monitor, adapt, and implement customized exercise individually and in coordination with your Clinician/Healthcare professionals.

Back to Life Fitness is offered at:

300 Post Road West, **Westport, CT** 06880
Tel: 203.226.2493 Fax: 203.226.2494

3272 Main Street, **Stratford, CT** 06614
Tel: 475.210.7550 Fax: 475.210.7552
Get started today!

Individual and personalized sessions or small group classes are available for all ages. Schedule your free consultation. Services are provided in-person or online.

Group classes offered:

Core: Exercises focused on strengthening abdominal and back muscles and improving trunk flexibility, strength, and endurance.

Healthy Bones: Exercises for those diagnosed with osteopenia, osteoporosis, postural problems, and orthopedic or neurological conditions.

Medical Exercise: Physical fitness exercises for older adults or those with arthritis. Training is focused upon improving activity levels, stamina, and the ability to lead a more independent life.

Balance I/II: Balance exercises focused upon reducing the risk of falls and preserving stability by enhancing balance and proprioception.

Cardio and Sculpting: Medium and high intensity cardiovascular and strength conditioning exercises to improve overall fitness.

Youth Training: Exercises to improve strength, flexibility, cardiovascular endurance and agility in young individuals. Training is focused upon establishing a healthy lifestyle.