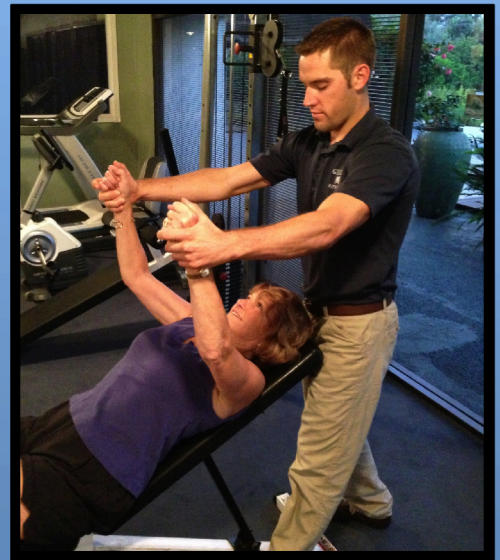


Prehabilitation results in rapid recovery from major surgeries!



Joanne was able to get back to enjoying her workouts only a few weeks after her successful surgery.



Joanne Pastula working with Gill's Fitness program designers, Will Cole and Robert Fine.

Joanne began a Gill's Fitness personal training program in May of 2010 after seeing the success of her close friend Linda Stirling. In February 2012 Joanne was diagnosed with breast cancer and it was determined that she would need a mastectomy. Thankfully, she was strong and fit and had been doing her "prehab" for more than twenty months when the surgery day arrived. The surgery was successful and thanks to being in great shape, Joanne was quickly able to return to doing what she chooses which includes her regular workouts at Gill'sFitness.

619-299-1988

Est. 1992

**GILL'S
FITNESS**
Personal Training

2667 Camino Del Rio South ~ San Diego ~ California 92107

Dr. Gene Rumsey began a Gill's Fitness personal training program in August of 1998 after hearing about it from his friend and colleague Dr. John Ahlering. An efficient 3hrs per week program scheduled at 530am was the solution to accommodate his busy surgery schedule. This important commitment to his health ended up being the valuable "prehab" he needed when in February 2011 he found out he needed a triple bypass. Thanks to his workouts his body was ready. The surgery was a success and Gene bounced right back from the role of patient to surgeon.



Gene Rumsey working with Gill's Fitness program designers and trainers, Robert Fine and Will Cole.

Gene was able to get back to his workouts only four weeks after a successful surgery.

