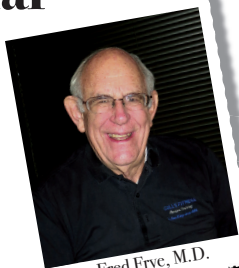


# Doctor's recommend Gill's Fitness for exceptional exercise therapy.

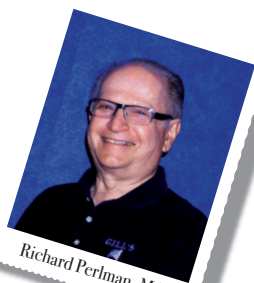
Because we've been clients for many years, our experience with Gill's Fitness makes it easy to recommend their one-on-one personalized strength and flexibility exercise therapy.

We've seen excellent results, better health and function, better preparation for challenges and quicker recovery from surgery or injuries.

Your patients can benefit as well. Give Gill's Fitness a call to learn details.



Fred Frye, M.D.



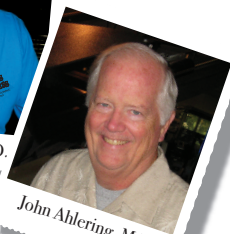
Richard Perlman, M.D.



Nate Harrison, M.D.



Dick Rowen, M.D.



John Ahlring, M.D.



Doug Arbon, M.D.



Eugene Rumsey, M.D.



Our team: Will, Leah, Jonathan, Veronica and Robert

- Exceptional, Professional One-on-One Personal Training
  - Rehabilitation, Prehabilitation & Exercise Therapy
  - Customized, Innovative, Effective Exercise Design

**GILL'S  
FITNESS**  
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San Diego, California 92108

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