

FLEMING FITNESS

Fitness & Injury Rehab



Free Kinesiology for Veterans

Exercise therapy in the convenience of your home

or in clinic in Kanata

You + Fleming Fitness = Results!

- Improve Mood
- Decrease Pain, Stress & Anxiety
- Increase Flexibility & Energy
- Increase Strength & Endurance
- Improve Movement & Function

*Sessions covered by Blue Cross with a valid RX
Call to get started or with any questions

Contact us: 613.882.8434 flemingfitness.ca

