



Tim Ryan, Owner and Trainer

What would you call something that enables your entire body to look, feel, and function years younger than your chronological age? Something that significantly slows and even reverses the aging process, improves your health, repairs injury, and strengthens your immune system? A system that stimulates every organ in your body to function better and stay healthier, and as icing on the cake, improves your body's shape and physical appearance?

Some may call this the "fountain of youth". At Strong Life Personal Training in Barrington, we call it "strength training". Yes, amazingly, strength training really can provide an array of benefits that extend far beyond the more well-known muscle strengthening benefits. This is not mythical fantasy, but decades of proven scientific research and experience.

**Strong Life Personal Training** is a clean, private, professional, non-crowded exercise studio specializing in supervised "one on one" strength training by appointment only. With just one expert, educated trainer and one client allowed in the facility per time period, it's like having your own private gym!

Instead of games and gimmicks, Strong Life focuses on "real" exercise that is safe, sensible, and research proven. Combined with exclusive medical-grade exercise machines not available anywhere else in the Barrington area, the Strong Life Program enables you to "live longer stronger" and age gracefully exercising for just 30 minutes twice each week! Age or experience level is no barrier. Safe, custom programs designed for anyone.

**Act now to receive a complimentary program consultation, two free personal training sessions, and a healthy eating e-book. Live a "strong life" now by calling 630-862-5176 to schedule your first visit or learn more and request an appointment at [stronglifetraining.com](http://stronglifetraining.com).**



## Strong Life Personal Training "Strength for Life"

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