



“ There is nothing more rewarding than working with someone and helping them accomplish something they thought they would never be able to do again. It is awesome how often we smile together.”

— Mark Mueller

**Mark J. Mueller**

**American Fitness Professionals & Associates (AFPA)**  
~ MS Fitness and Wellness Specialist



**International Sports Sciences Association (ISSA)**  
~ Elite Trainer  
~ Certified Fitness Trainer  
~ Specialist in Exercise Therapy  
~ Specialist in Fitness Nutrition

**MS**  
**FitEffect**  
Strength Stamina Stability

**FOR MORE INFORMATION  
on MS FitEffect  
CONTACT**

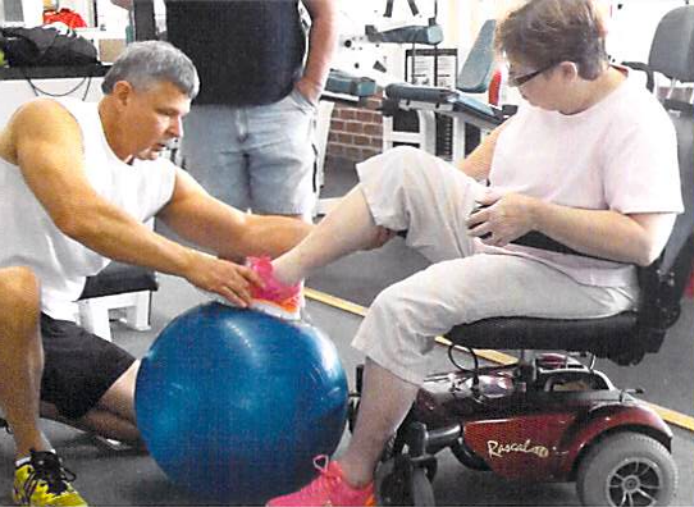
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**MUELLER**  
PERSONAL TRAINING

**MS**  
**FitEffect**  
Strength Stamina Stability

A *free* 10 week program  
designed for people  
living with Multiple Sclerosis





## OUR MISSION

**MS FitEffect** is dedicated to improving the quality of life for people who suffer with Multiple Sclerosis by working with and teaching them how fitness and proper exercise can change their lives. **MS FitEffect** provides people with MS the opportunity to work individually with a certified fitness professional during an instructional 10 week event. **MS FitEffect** partners with caring businesses and organizations to provide each event free of charge for every participant.



## WHAT WE PROVIDE

- A certified trainer who is an *MS Fitness and Wellness Specialist*
- 10 weeks of individualized training sessions with one of our fitness professionals
- 10 weeks of gym membership at our host facility
- Ongoing support and community

## TESTIMONIALS

“ This program is certainly life-changing. I have hope, which is something I haven't had in years. Being in a wheelchair, I wasn't sure what I'd be able to do, but working with Mark [Mueller] has shown me that I'm capable of more than I thought possible.”

— Connie Kirchner, Participant  
Mount Joy, Pa.

“ How thankful we are that people are here to help MS patients understand the challenges of the disease and work with our issues and needs. Because of the MS program and wonderful trainers, we have seen such a dramatic difference in our strength, endurance and motivation. To know I can do more and believe in myself, despite any weaknesses, is a wonderful thing.”

— Christie Hamilton, Participant  
Elizabethtown, Pa.



## BECOME A PARTICIPANT

**MS FitEffect** is for everyone! Whether you use a wheelchair, walker, cane or are mobile without assistance, you will benefit from our program as it is designed specifically for you by one of our *MS Fitness and Wellness Specialists*.

**To register** for an upcoming event, contact us at: [msfiteffect@gmail.com](mailto:msfiteffect@gmail.com)



## BECOME A SPONSOR

Help us to help those who suffer with Multiple Sclerosis improve their lives through exercise and fitness. Visit our MS FitEffect page at [www.muellerpersonaltraining.com](http://www.muellerpersonaltraining.com) to view our sponsor packages.

100% of all proceeds go towards the cost of the MS FitEffect program.