Hsahealth.org/publichealth

i did get the ok from my doctor to do the program but she advised me to see if there was a less intense option available such as walking or swimming if the workouts were too much

www.hsahealth.org

hsahealth.org/publichealth www.hsahealth.org/publichealth she liked my spiel, liked the price, and asked for something in writing hsahealth.org