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THE GYM Armonk Offers Total Wellness Experience

In an ongoing effort to encourage Westchester County residents to make educated decisions concerning their personal health, THE GYM Armonk is pleased to announce its recent collaboration with Dr. Alan H. Siegel of ProClinix. ProClinix is now offering fee-based physical therapy, nutrition and chiropractic services to members and non-members of the health club.

With natural health therapies, nutritional assessment, spa services, and personal training, this partnership expands THE GYM Armonk experience into an all-inclusive wellness facility. ProClinix provides professional sports and orthopedic physical therapy, cold laser therapy, chiropractic and nutritional services. This collaboration invites all of Siegel's clients to utilize THE GYM Armonk for the day regardless of membership.

Siegel, the founder and director of ProClinix, has worked with fitness facilities in the past, in addition to working as the director of the Neuromusculoskeletal Department at the Fifth Avenue Comprehensive Medical Center in Manhattan. The practice has been developed based on providing outstanding patient care and achieving positive clinical outcomes.

"Our multi-specialty and team approach offers a unique combination of professional care and modalities for our patients," Siegel said.

Appointments are being taken for Mondays, Wednesdays and Fridays at THE GYM Armonk.

ProClinix also specializes in post-surgical outpatient rehabilitation in addition to chiropractic assessment, treatment of the spine and neurological-related conditions. Siegel, who has practiced integrative healthcare for over 13 years, integrates multiple specialties and natural methods

in order to achieve an overall state of well being.

ProClinix professionals will assess each client individually, and will not treat a client unless they feel the therapy will achieve a positive clinical outcome.

As a result of this collaboration, THE GYM Armonk now offers head-to-toe care encouraging optimal well being for clients for inner and outer beauty. This new partnership has continued to enhance the fitness center's goal of developing itself into a dynamic fitness and health center for members of the community.

"Our mission at THE GYM is to provide Westchester County with services that encourage both mental and physical health," said Jamie Nicastri, general manager at THE GYM Armonk. "In our efforts to continue to develop as a full-service wellness facility, we are excited to announce our collaboration with Dr. Siegel and his

team, whose experience and expertise has proven to be a wonderful addition to our health club."

In welcoming Siegel into their facility, THE GYM Armonk is working with each client to also provide access to cutting edge treatments and knowledgeable advice that they can rely on. THE GYM Armonk is focused on continuing to develop as a fa-

cility that provides clients with a complete health and wellness experience.

THE GYM is located on 99 Business Park Drive in Armonk. For more information, call 914-219-1601 or visit www.GetToTheGym.com. For more information about ProClinix, contact Dr. Alan Siegel at 914-202-0700 or admin@proclinixhealth.com.