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THE GYM Armonk Offers Members and Visitors the Total Wellness Experience

In an ongoing effort to encourage Westchester County residents to make educated decisions concerning their personal health, THE GYM in 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 both members and non-members of the health club. With natural health therapies, nutritional assessment, spa services and personal training, this partnership continues to expand 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 clients of Siegel's to utilize THE GYM Armonk for the day regardless of membership.

ProClinix was founded and is directed by Siegel, who has worked with fitness facilities in the past, in addition to working as Director of the Neuromusculoskeletal Department at the Fifth Avenue Comprehensive

Medical Center in Manhattan. Siegel's practice has been developed on the foundation of providing outstanding patient care and achieving positive clinical outcomes.

ProClinix also specializes in post-surgical outpatient rehabilitation in addition to chiropractic assessment and treatment of the spine and neurological-related conditions. Siegel, who has practiced integrative

health care for more than 13 years, believes in integrating multiple specialties and natural methods to achieve an overall state of well being. ProClinix professionals will assess each client individually. They will not treat a client unless they feel the therapy will achieve positive clinical outcome.

The new partnership between THE GYM and Siegel has continued to enhance the fitness center's goal of developing itself into a dynamic fitness and health center for members of the community.

For more information, contact Siegel at (914) 202-0700 or e-mail admin@proclinixhealth.com.