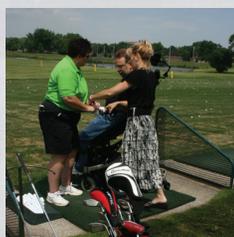


# HEALTHY MINDS BODIES

VETERANS ★ FITNESS TRAINING ★ NETWORKING®



## HMHB

Healthy Minds Healthy Bodies is a program of AllenForce implemented by licensed fitness centers throughout Illinois that is offered free of charge to qualified veterans. Each facility and fitness professional complete specific training on veteran culture, PTSD, MST, injuries and illness specific to veterans and adaptive equipment. This program provides veterans:

- ◇ Two, one year memberships (veteran and chosen “PT PARTNER”)-promotes healthy fitness habits and is a positive outlet for stress relief.
- ◇ Up to 15 personal training sessions with a qualified HMHB professional.
- ◇ Monthly networking opportunities-provide mentoring, peer support, connecting with other veteran organizations, adapted sport experiences, and a positive place to share with family and veteran friends.

## PURPOSE

Often veterans have unique physical, environmental, and social needs after time in service. HMHB facilities accommodate these unique needs by creating a “veteran friendly” atmosphere. They re-create an environment promoting healthy living, fitness and camaraderie with a community based platform. A veteran’s assigned personal trainer simulates a “battle buddy” in the gym and adds to this support structure through monthly networking events that enable positive community involvement. The need for veteran friendly facilities is important as the number of veterans grows in our country.

Seeing a family member struggle with life after the military led to a vision by a passionate man. This vision turned into the HMHB program with the help of two supportive agencies opening their doors to veterans all around the Chicago area and was implemented by a driven woman wanting to give back.

## LOCATIONS

Healthy Minds Healthy Bodies is based in Illinois. AllenForce has initiated programs in several other states, and we are constantly looking to increase the number of facilities throughout the nation, who offer the licensed HMHB program to veterans. Please check the website for specific locations at [healthymindshealthybodies.org](http://healthymindshealthybodies.org).

## ELIGIBILITY

Veterans qualify if they meet the following criteria:

- ◇ 10% or higher disability rating or equivalent non service connected injury/illness
- ◇ Honorable, medical, or general discharge

## JOIN

Veterans: contact AllenForce or your closest HMHB facility to set up a meeting.

Personal Trainers: inquire at [allenforce.org](http://allenforce.org) and register for our next trainer workshop--HMHB: Serving Injured Veterans.

Facility: contact AllenForce and inquire about qualifications, training, and licensing.

## SUPPORT

HMHB programs are currently supported through generous donations and sponsorships from the local community and through host locations. If interested in supporting Healthy Minds Healthy Bodies, please contact us at [oneteam@allenforce.org](mailto:oneteam@allenforce.org) or (779) 205-3314.



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