

Injury Recovery Guidance for Our Valued Members

Dear [Member's Name],

We hope this message finds you well. We understand that you are currently recovering from an injury, and we want to offer you our support and guidance during this time.

Recovery Tips

- Follow your healthcare provider's recommendations.
- Incorporate light stretching and mobility exercises as approved.
- Stay hydrated and maintain a balanced diet to aid recovery.
- Listen to your body and rest as needed.
- Consider gentle forms of exercise such as swimming or walking, if appropriate.

Available Support

We encourage you to speak with our trainers who specialize in rehabilitation. They can help create a customized workout plan that accommodates your recovery.

Contact Us

If you have any questions or need assistance, please reach out to us at [Contact Information] or visit the front desk.

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Fitness Center's Name]