

# Action Potential Physical Therapy & FIT4MOM

## PARTNER TO BOLSTER HEALTH SERVICES FOR LOCAL WOMEN



Action Potential Physical Therapy and FIT4MOM recently announced a partnership geared to mothers and expectant mothers in the greater Garnet Valley area. FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness classes and a network of moms to support every stage of motherhood. From pregnancy, through postpartum and beyond, its fitness and wellness programs are designed to help make moms strong in body, mind, and spirit.

Founded by Tracy Hanover in 2015, the Glen Mills branch of the FIT4MOM franchise soon became a safe and fun place for mothers and mothers-to-be looking to exercise. Tracy was initially drawn to this concept when she joined a stroller fitness group while living overseas. She loved that she could get in a workout while meeting other moms and

socializing her son all at the same time. After moving back home to the Glen Mills area, she researched similar programs and discovered FIT4MOM. With a background in early childhood special education and a passion for fitness, it seemed like the perfect fit, and she decided to open her own franchise. Over the past seven years, Tracy has independently built a strong core within the community and is now excited for the next phase of growth alongside the women of Action Potential.

She first met Action Potential co-owners Kristen Wilson and Kathy Dixon in 2015 when they began giving lectures on the importance of pelvic floor health at FIT4MOM classes, and a symbiotic relationship was formed.

Action Potential sees the partnership as an opportunity to combine two fundamental services that help mothers thrive through prenatal and postpartum experiences. "We loved working with Tracy's group in the past and are excited about the possibility



Action Potential's Kathy Dixon (left) and Kristen Wilson (center) with FIT4MOM Tracy Hanover (right)

By Nina Conner, Marketing Coordinator for Action Potential

of reaching more moms," Kristen said. "Combining physical therapy and fitness will allow our fellow women to access everything they need for a successful transition to motherhood and beyond."

Tracy will stay on as the FIT4MOM coordinator for Action Potential. Action Potential looks to champion Tracy's personality, detail-oriented business mind, and connections in the community to continue to build the program for years to come. "We couldn't be happier to have Tracy join our already dynamic team," said Kathy. "She's not only an incredible woman but a great friend to Action Potential."

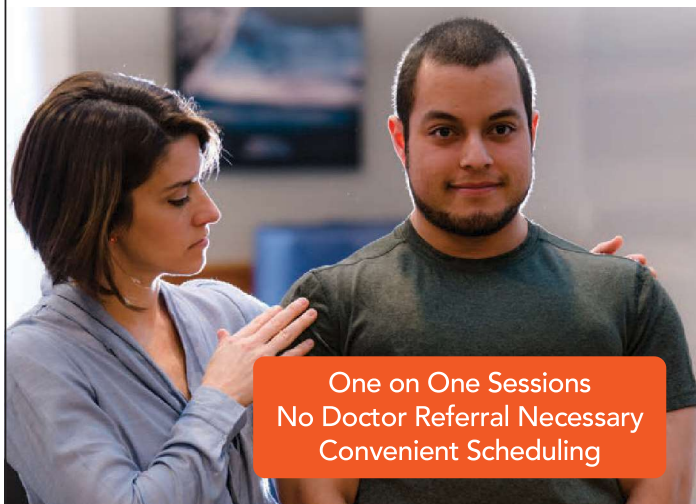
All existing FIT4MOM classes and events will remain unchanged through 2021, but additional class times and new locations are in the works. Visit [www.glenmills.fit4mom.com](http://www.glenmills.fit4mom.com) for more information. Action Potential delivers an innovative, highly-customized approach to treatment that champions clients to reach their highest potential. Visit [www.reachyours.com](http://www.reachyours.com) to learn more.



**Action Potential**

One on One Physical Therapy

**A Better Physical Therapy Experience**



One on One Sessions  
No Doctor Referral Necessary  
Convenient Scheduling

Receive a **FREE** consultation when you visit:  
[www.ReachYours.com/GVL](http://www.ReachYours.com/GVL)

**610-455-4284** 228 S. Mill Rd #131, **Kennett Square**

**484-841-6154** 1786 Wilmington W. Chester Pike Suite 200A, **Glen Mills**

EVERYONE HAS A HIGHER POTENTIAL...  
TOGETHER WE CAN **REACH YOURS**

**CANTORS**  
**DRIVING SCHOOL**

---TRUSTED SINCE 1976---



**LEARN TO DRIVE AND  
GET YOUR LICENSE**

*Take your road test in  
Chadds Ford in 2-4 days!*



**610-277-1050**

**CantorsDrivingSchool.com**

100 RIDGE ROAD, SUITE 15, OLDE RIDGE VILLAGE, CHADDS FORD, PA