

Individual Consultations & Athletic & Fitness Training Appointments

All injury consultations and appointments for injury evaluation and treatment are conducted at My Time Studio during individual hour and ½ hour sessions to provide the best health care delivery system.

A conditioning program and fitness prescription to enhance overall fitness and health can be designed by Dr. Naughtright. These sessions can occur at My Time Studio and/or at Gold's Gym, starting with a 30-day free pass. Dr. Naughtright's Florida License AL1022.



Also available at My Time Studio:

My Time Studio's mission is to provide a variety of yoga, health, and fitness disciplines to enable students to take time to explore their mind, body, and spirit connection with the guidance of qualified instructors and certified athletic trainer. Meet me at "My Time" for a positive pathway to a healthy mind, body, and spirit through a variety of yoga, health, and fitness programs.



Various artworks will be for sale including the prints on this flyer. Famous New Orleans artist Martin LaBorde, a yoga enthusiast, created the original paintings from which limited editions of signed prints are available at our studio. Visit www.Beegalleries.com.

Evaluation, Treatment, and Rehabilitation of Sport and Personal Injuries & Personal Fitness Training

Dr. Jamie Naughtright,
Certified & Licensed
Athletic Trainer

A positive pathway to health & fitness



Athletic & Fitness Training
Appointments and Workshops
My Time Studio, 633 Schoolhouse Rd,
Lakeland, Florida 33813
Phone (863) 838-6035
Fax (863) 815-9745
jnaugh@tampabay.rr.com
www.mytimestudio.com

Overview of Services

Individual consultation includes evaluation and recognition of injuries. A comprehensive rehabilitation program will be designed, including treatment of injuries utilizing therapeutic exercise and massage techniques. Education on the prevention of injuries will be a key part of the program. In addition, Personal Fitness Training can be contracted.

Workshops are available on a wide range of health, fitness, and sports medicine topics. The workshops are presented in PowerPoint and include group discussions, problem solving, and hands-on activities.

Dr. Naughtright's Qualifications

- 1996 Doctor of Education and Master's degree in Health Education & Promotion and Human Performance & Sports Studies. Undergraduate degree in Exercise Physiology.
- 15 years of experience evaluating, treating, and preventing sports injuries with Division I Intercollegiate athletes and general population.
- 10 years of teaching experience at the university level.

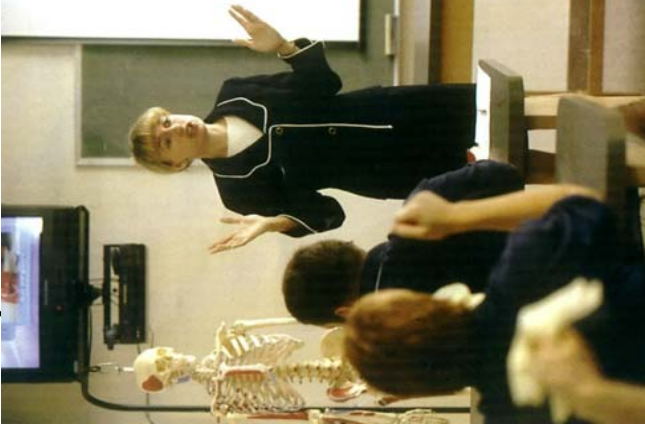
- Member of the USA Track & Field and 1996 Olympic games medical staff; Medical Director, 1995 NCAA Track & Field Division I Championships; Athletic Trainer, 1997 World Games in Athens; and USA Head Athletic Trainer at 1998 Ekiden in Beijing, and 2000 Junior Invitational Meet in Canada.

What is an Athletic Trainer?

ATC/L's are highly educated, skilled professionals, nationally certified through the National Athletic Trainers' Association Board of Certification, required to be licensed in the state of Florida, and are recognized by the American Medical Association as allied health professionals specializing in meeting the healthcare needs of individuals involved in physical activity.

2005 Workshop Topics

Workshops: Modifying your Yoga Practice based upon an Injury or Condition; Core Stabilization (Trunk); Basic Prevention, Recognition, and Sport Treatment of Yoga, Fitness, and Sport Injuries; Incorporating a Holistic Health Care Delivery System into your Health & Fitness Life; Upper Body Strengthening and Stretching Exercises; Learn how to Strengthen my Yoga Practice with Specific Exercises; and Learning Anatomy Can be Fun!



Dr. Jamie Naughtright is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.



Workshop Information

These intensive workshops provide in-depth, detailed information about fitness topics along with hands-on experience. A notebook of helpful handouts and a certificate for CEU's are provided. Attend one workshop and bring a friend to the next and receive \$5.00 off. Reserve your spot by signing up at the studio or emailing Dr. Naughtright at jnaugh@tampabay.rr.com.