



Momentum Performance and Wellness

We are Maine's foremost team of committed medical professional Athletic Trainers and Strength and Conditioning Coaches. Without exception, we bring research and science-based programming to train, educate, motivate and challenge our clients, so they can achieve optimal health, empowering them to maximize their performance, to reach and surpass their goals.

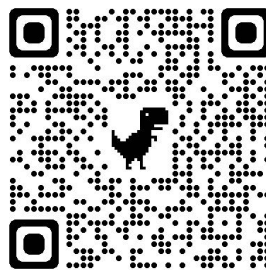
Our Vision

We bring an individualized scientific approach to performance, rehabilitation and wellness. A smarter way to train and stay healthy.

Services

- Action Health Platform
- Gym Membership
- Personal Training
- Injury Rehabilitation
- Soft Tissue Work
- Group Training

Scan Here!



Action Health Platform

The next step in active wellness. Regular mobile evaluations and specific, personalized, detailed exercise plans on your mobile devices.

- Monthly Health Evaluation Survey
- Monthly Personalized Exercise Prescription
- Access to Video and Picture Program via MedbridgeGo app.
- Suitable for all ages and ability levels
- Equipment is optional, suitable for home or gym
- Functional exercises, balance, mobility, compound movements
- Time and space-efficient
- Built in injury evaluator with rehab exercises recommendations

Cost: \$25/Month

MOMENTUM PERFORMANCE AND WELLNESS

MomentumMaine.com



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