

An online search produces plans promising results. Why choose Cleveland Clinic's Performance Training Systems?

The answer is simple: PTS Coaches design your program using evidence-based methods. You determine your goals, and we work with you to meet them.

The PTS Difference

Cleveland Clinic Sports Health Continuum

Cleveland Clinic gives you the complete sports health continuum. Even with preventative measures, injuries can occur. With PTS — unlike off-the-shelf programs — you receive the full range of sports healthcare from one of America's top hospitals. PTS Coaches work with Cleveland Clinic Sports Health primary care physicians, orthopaedic surgeons, radiologists, physical therapists and exercise physiologists. Sports Health specialists are credentialed and focused on fitness assessment, diagnosis and treatment of athletes. It's what they do.

Cleveland Clinic has the cutting-edge technologies and experience to help keep you moving.

10-SHL-033



Without science, it's just sweat.

The PTS Difference

Performance Training Systems

The PTS Difference

Your goals. Your needs. Your body.

Personalized training plans designed to improve sports performance or fitness level

Private and in-person health, fitness and performance assessments

Online training log to input results and receive direction

Customized workouts and nutritional guidance

Visit clevelandclinic.org/pts

The PTS Difference

Sports Performance Training

Improve aerobic capacity.

Build muscular endurance.

Increase strength and speed.

Prepare sport-specific competitive strategies.

The competitive athlete trains for hours, knows the sport and is determined to endure. You compete, and you're always looking to improve your performance. With PTS, you receive training that is backed by evidence-based research to maximize your results.

The PTS Difference

Fitness Coaching

Increase fitness levels.

Adjust your weight.

Eat healthier.

You don't have to compete to be committed to fitness. For the person who wants to get in shape and stay in shape, PTS Coaches guide you every step of the way. PTS Coaches personalize your workouts to meet your goals, time and preferred activity level.

The PTS Difference

Our professionally trained and credentialed Sports Health staff

Contact us at 216.518.3494 or PTS@ccf.org

Visit clevelandclinic.org/pts

Three Steps to Your Improved Performance and Fitness

1. Contact a PTS Coach at 216.518.3494 or PTS@ccf.org.
2. Receive a private, in-person fitness assessment under the guidelines of the American College of Sports Medicine.
3. Get moving with your personalized training or fitness program.