

## Health Matters

Liberation Fitness is a revolutionary North Shore facility which combines the medical management and health benefits of traditional medicine, along with necessary therapeutic lifestyle changes. The name Liberation Fitness speaks to the need to see peoples lives being freed from the confines of chronic disease. It was founded by Matt Conway (Kinesiologist and Exercise Specialist) and Dr. Kevin McLeod (Physician and Specialist of Internal Medicine). They have both worked in the health care system for many years and found that the traditional approach of simply treating most medical conditions with medications wasn't leading to the best possible outcomes for their patients. Many chronic conditions have the potential for significant improvement through lifestyle change.

"As physicians we tend to focus on treating medical problems with pills. In the right setting pills can be life saving however, for many chronic conditions patients can get dramatic benefit through dietary change and by getting themselves active," says McLeod. "As physicians we don't always put enough emphasis on how much we can improve our health by doing the right types of physical activity."

Matt Conway explains "Our model is unique. We tie traditional medical care in with fitness. We have specialist physicians on site along with nursing care and exercise specialists. This isn't typical personal training. We pride ourselves in providing a welcoming and warm environment. Our team can explain your lab results and review medical problems while they help you improve your overall health. Our approach to rehabilitative fitness provides opportunity for long term lifestyle changes for even the most hesitant patient. Some may have just had a heart attack a few weeks before coming and want to get active with physicians and exercise specialists who know how to do this safely. Others maybe have a condition like diabetes they want to really improve without adding more pills. We have lots of patients who really just want to get active and feel better but are not sure how to do this and don't feel comfortable or safe in the traditional gym model."

"One of our first patients to join one of our classes who was committed to improving her diabetes with a secondary goal of reducing the number of pills she was taking. She surpassed my expectations and managed to bring her weight down quite dramatically and ended up



**MATT CONWAY AND DR. KEVIN MCLEOD**

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coming off of all of her diabetes medications. She was able to reverse her diabetes. She still comes 3 days a week to keep herself healthy."

If you think you or a loved one could benefit give Liberation Fitness a call at 604-904-0810 extension 4 or email them at [info@liberationfitness.ca](mailto:info@liberationfitness.ca)

For any other details visit the website at [www.liberationfitness.ca](http://www.liberationfitness.ca)



*Personalized, medically supervised exercise for every level*