

**EMPOWERING YOUR
HEALTH JOURNEY
WITH PURPOSE!**

PURPOSE

Filled Fitness



**MOVE WITH JOY
LEARN WITH
CONFIDENCE
LIVE WITH
PURPOSE**

Welcome to Purpose-Filled Fitness!

At Purpose Filled Fitness, we believe in finding purpose in your health and wellness journey to unlock your greatest potential. Led by certified trainer Alejandro Mercado (MES, NASM CPT, CES, PES, FNS), we provide personalized in-home training tailored to your needs. We have been in business for 9 years.

Why Choose Purpose-Filled Medical Exercise?

We specialize in in-home personal training and medical exercise therapy, designed for everyone from athletes to seniors and those managing chronic conditions. Our approach is welcoming, empowering, and focused on safe, effective progress.

Science-Backed Results: Our certified trainer use the latest research to craft safe, effective workouts—so you're always learning and progressing.

Whole-Person Wellness: We don't just build muscles—we build confidence, knowledge, and lifelong habits that add value to your life inside and outside the gym.

Who Benefits?

Our medical exercise programs are for everyone—whether you want to manage your health, recover, or prevent future issues. We specialize in supporting clients with:

Diabetes, arthritis, heart health, and chronic conditions Post-surgery or injury rehabilitation Balance, flexibility, and mobility challenges	Neurological conditions, Weight management and healthy living, Prevention and overall wellness
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Key Services

In-Home Personal Training:

One-on-one sessions at your convenience, including customized workout plans, form correction, strengthening circuits, and encouragement. Available in hybrid formats with 2-3 sessions per week, plus online resources like exercise videos and app support for questions and check-ins.

Medical Exercise: Specialized programs for special populations, including seniors and individuals with conditions like obesity, cerebral palsy, multiple sclerosis, cancer, or Parkinson's disease. We collaborate with physical therapists and use medical clearance forms (e.g., PAR-Q and Exercise Approval) to ensure safety.

Online Coaching Options: 3-month 6-month or 12 month programs with customized training, meal plans, bi-weekly assessments, and virtual guidance – perfect for at-home maintenance.

See how our medical exercise programs work in action! These gentle, adaptive exercises are performed at home, using minimal equipment like chairs, resistance bands, or body weight, to build strength, mobility, and confidence safely.



Contact Us

Visit

www.purposefilledfitness.com or call (301) 751-9995 to learn more.

Join our mission—where every session adds value to your life and every smile is earned!

Move with purpose. Learn with passion. Thrive with joy!

