

*After 6 years of pain and frustration, luckily I was directed to the SOURCE Institute for Human performance. Now after less than two months, my hips are feeling great...  
Nicole, H.S. soccer player*

## **THE SOURCE MODEL**

---

The SOURCE Institute implements a unique and well-researched Performance Training Model:

**Phase I:** Foundation Phase  
Flexibility and Stability

**Phase II:** Development Phase  
Comprehensive Strength

**Phase III:** Transfer Phase  
Sport -Specific Power and Speed

## **THE SOURCE PHILOSOPHY**

---

While SOURCE primarily serves individual adolescents, adults, and teams, our overarching goal is to strengthen the larger community and enhance the quality of life of all those we serve through a collective effort to serve others.

## **Personal Empowerment through Performance Re-Education**



66 Witherspoon Street, PMB 403  
Princeton, NJ 08542  
Phone (609) 925-1159  
Fax (609) 925-1159  
[www.sourceNJ.com](http://www.sourceNJ.com)



Psychologically Informed

•  
Research Based

•  
Performance Driven

Intelligent Strength  
& Conditioning

## ABOUT US

---

SOURCE is a strength and conditioning company that emphasizes personal development through physical activity, self-awareness, and athletic performance.


The SOURCE team is highly motivated and committed, consisting of positive educators who are passionately invested in living honest, balanced, and integrated lives. The SOURCE Institute leads the exercise and wellness industries and consists of the most highly educated physical preparation coaches, corrective exercise specialists, and experts in motivation available – anywhere.

## OUR SERVICES

---

1. Sport-Specific Speed, Agility, Strength, and Conditioning
2. Optimal Weight Management Programs and Nutritional Conditioning
3. Golf Biomechanics, Fitness Evaluations, and Program Design by a TPI Certified Golf Professional
4. Corrective Exercise and Injury Rehabilitation and Prevention
5. Adolescent Body Image Awareness and Self-Empowerment Programs

\* Training is available in individual, small-group, and team formats.



## THE TRIAD OF HEALTH


---

The SOURCE Institute is founded on a strong belief in the assessment and treatment of the entire person, including the Structural, Chemical, and Psycho-Spiritual components that make us who we are.

*It was very enlightening to talk with someone who understood both the clinical and the training aspects of being an athlete...  
Terry, Physical Therapist and mother of a SOURCE client*

## WE CAN HELP YOU IF...

---

- You want to be healthier
  - You want to be faster, stronger, more flexible, and have more endurance
  - You want to excel in sport and in life
  - You want to achieve and maintain your ideal body weight
  - You want to reverse the aging process and have more energy
  - You want to rehabilitate or prevent an injury
  - You are in pain and simply want to feel better
- 

## THE SOURCE ASSESSMENTS

---

**1. Structural Assessment:** The Structural Assessment serves to examine structural alignment, functional movement patterns, and joint range of motion and stability.

**2. Performance Assessment:** The Performance Assessment allows your Coach to explore and monitor the physical qualities of strength, power, speed, and endurance.

**3. SOURCE Assessment:** The SOURCE Assessment represents a thorough examination of the client's motivation, mindset, and beliefs while helping to establish goals as well as possible strengths and challenges.

**4. Golf Physical Screen:** The SOURCE Institute houses Golf Fitness Professionals, certified by the Titleist Performance Institute. The Golf Physical Screen takes an in-depth look at the physical qualities of the golf swing and biomechanical causes of the 12 major swing faults.

CALL (609) 925-1159 or  
Email us at:  
[info@sourceNJ.com](mailto:info@sourceNJ.com)

