

SERVICES

1. Complete Physical & Fitness Assessment

- Pre-exercise screening and history
- Weight, body fat % and muscle mass % measurements, using reliable assessments
- Body circumferences and joints Range of Motion (ROM) assessments
- Fitness assessments such as; Overhead Squats and Plank Max
- Blood sugar and blood pressure measurements
- Lifestyle and Goal setting (SMART GOALS)

2. Exercise/Rehabilitation Planning

- Exercise program including: Weights, cardio, core and flexibility exercises, written separately
- Rehabilitation exercise program specifically design to the client's condition/problem

3. Postural Assessment & Movement Analyses

- Gold standard postural assessments: Static and dynamic types
- Video study analyses, used in professional athlete's level to improve technic and performance.
In addition, these assessments help to increase good posture and efficiency of movement

4. Dietary and Eating Habits Advice

- Food diary; used to track bad eating patterns and improve quality of poor nutrition
- Improve nourishment and metabolic performance
- Weight loss and increase of energy levels, without caloric counting

5. Full Written Weekly Schedule

- Bring together all aspects of the plan in a logical order
- Exercise plan organized throughout the week with: Type, time and durations of; Weights training, flexibility sequence, as well as, cardio and core exercises

• ***Gym access and all services cited above included in my fee.***

• ***Medicare + Workcover approved***