

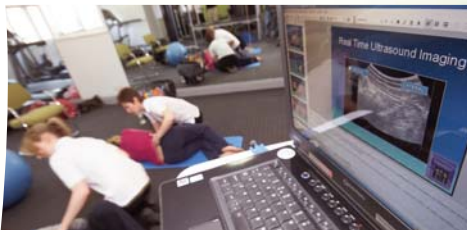


## OUR FACILITIES

The Body Management Gym is fully equipped with the latest exercise machines, specialist rehabilitation equipment, multimedia systems, and shower and changing facilities, providing you with a modern, comfortable environment in which to exercise.

## PILATES AND SPECIAL COURSES

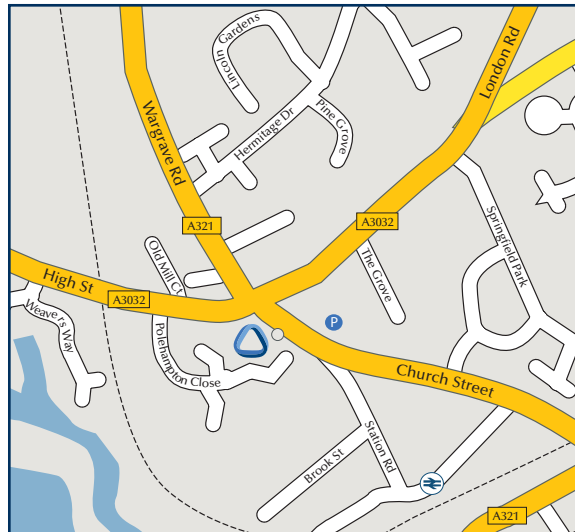
In addition to gym membership and one-to-one training, we offer a range of special courses, including Pilates, The Body Recovery Programme for new mums and group circuit training sessions.



Further information is available on all courses at the Body Management Gym. To find out how you could benefit from total body management, call us today on 0118 934 4055 or visit: [www.physiocare.co.uk](http://www.physiocare.co.uk)



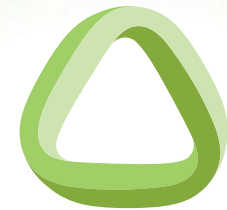
PHYSIOCARE  
FITNESS



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# PHYSIOCARE FITNESS

The Body Management Gym at Physiocare offers a new approach to safe and effective exercise for people of all ages and abilities. We are not like other gyms. The Body Management Gym's philosophy was borne out of the continued need to treat patients via our physiotherapy practice who had sustained injury or aggravated a condition through inappropriate exercise or poor technique. In order to avoid this, our experienced Chartered Physiotherapists work closely with all new members to create personalised exercise programmes that are monitored and progressed by our clinical team.

## 'WE ARE NOT LIKE OTHER GYMS'



Whatever your age, fitness level or exercise goals, whether retired with arthritic conditions, a teenage long-distance runner with specific training needs, or a new mum looking to get back into shape, our expert team will create a programme that will develop your fitness appropriately in a safe, controlled environment.



## BODY MANAGEMENT GYM

The Body Management Gym focuses on one-to-one sessions to ensure that you are exercising appropriately, safely and effectively. Just a few degrees out of position in an exercise can mean the difference between improving or aggravating a condition. That's why our starter programme for all new members includes an in-depth assessment and three further one-to-one sessions with one of our physiotherapists.

## 'A NEW APPROACH TO SAFE AND EFFECTIVE EXERCISE'



At Physiocare, exercise therapy is part of a total body management approach. In keeping with this approach, we like to start by health screening new gym members, taking a detailed medical history and assessing any potential risks at your first one-to-one session.



## TOTAL BODY APPROACH

We then assess your fitness in a number of ways, looking at mobility, flexibility, strength and aerobic endurance, always taking account of any medical conditions. From this baseline assessment, your physiotherapist will then develop a programme and monitor your progress over the next three sessions.

## 'A GYM FOR PEOPLE OF ALL AGES AND ABILITIES'

Once your physiotherapist is confident that you have developed good technique in your starter programme, you are able to exercise independently at the Body Management Gym.



One of our physiotherapists will always be available at the gym to answer any queries you may have, ensuring that you have access to expert advice at all times. Further one-to-one sessions are available according to your personal needs and we recommend that all members aim to repeat assessments regularly to monitor progress.