

Free Wellness Check

Providing positive healthcare for everyone



THE OPPORTUNITY



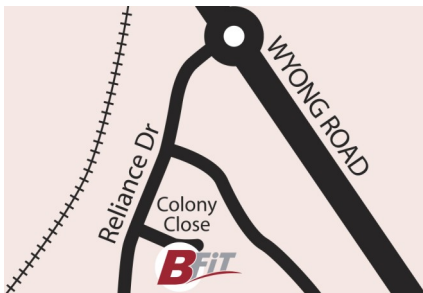
Have you been meaning to do a little bit more exercise but never quite got around to it? Have you put on a couple of extra kilo's or are you suffering from recurring and niggling injuries? Or, do you just want to get yourself into shape and feel a little better?

If you can relate to any of the above then this is the opportunity that you may just have been waiting for. Call the studio today and make an appointment for your no-obligation **free wellness check** and let us help you to take that positive first step towards a healthier lifestyle.

As an extra bonus all participants will also qualify for a special rate membership package (if they wish to take it up) and will also be entered into a prize draw to be drawn at the end of August 2010.

Exercise is great medicine

Improve your quality of life with Accredited Exercise Physiologists and Exercise Therapists



What the check includes

- Peak flow (Lung capacity)
- Body composition
- Blood pressure
- Grip strength
- Core stability
- Sub max V02 fitness test

Great consideration is given to the clients level of comfort and care requirements whilst performing the checks.

This service is delivered in a friendly, fun, professional and secure manner where the participants confidentiality is maintained at all times.

Please contact us for more info

Find us at

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ONE LIFE
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Be the BEST
you CAN BE!



REHABILITATION & WELLNESS CENTRE