

INVOLVE your FAMILY, FRIENDS or your own LOCAL-COACHES
or
“ANYONE THAT YOU REALLY COUNT UPON”

COACHING at HOME at your GYM or even while TRAVELING

“WHY NOT GIVE IT A TRY”

NO CROSS-INFECTION POSSIBILITY

PRACTICAL EXERCISE EDUCATION

EASE OF ACCESS TO TEAM

WORK-OUT
with
SOCIAL MEDIA BUDDY's

SAVING YOU TIME OF TRAVEL

ALL TYPES OF PHYSICAL ACTIVITY
TRY: BODY WEIGHT BASICS
BALANCE TRAINING
CORE-STABILITY
CYCLE SPIN
PILATES

LINK UP
Via your;
PC
Tablet
Laptop
Notebook
Smart phone

BASIC EXERCISE TESTING &
ASSESSMENTS

EXERCISE or COACHING to suit your
needs at your CONVENIENCE

COACHING IN “ADL” SELF-
PLANNING FOR EFFECTIVE HEALTH
/WORK /STUDY /LIFE BALANCE

Help & Advice for:
CARDIO-FITNESS
STRENGTHENING
FLEXIBILITY
STRETCHING
REHABILITATION
RELAXATION
POSTURE
SPORT SPECIFIC activities
RECREATIONAL activities

It's ENGAGING, EDUCATIONAL & EMPOWERING to assist you
to IMPROVE your HEALTH.

“THE COMPLETE PACKAGE”