

HEALTHY HABITS

OFFICE NEWS!

Physiotherapy For Health is now on [Facebook](#)! "Like" us for updates on all these classes and other clinic news.

COMING THIS FALL TO PHYSIOTHERAPY FOR HEALTH

Bootcamp



Our first round of bootcamp classes was a great success with many of the ladies seeing positive results! They sweated their way through dynamic stretches, high intensity circuits and exercises targeting the abdominals. We were able to do many of these outdoors in our new backyard. Thanks to everyone who participated, and watch for more classes this fall!

Pilates



New to Physiotherapy For Health will be Pilates classes starting this fall. Pilates is a system of mind body exercise originally developed by Joseph Pilates. Many people are familiar with some of his classical moves and it has continued to progress since. It is a safe and effective way to increase strength, flexibility, posture and many find they can carry out their daily activities with more ease and less pain. Watch for more information on upcoming classes to see how you can benefit!

Osteoporosis



Physiotherapy can help reduce the risk of developing osteoporosis. It can also help you manage related problems with balance or fractures. Exercise has been shown to assist in maintaining optimal function as you age. Starting in the fall we will also be offering a series of education and exercise classes to meet these specific needs.