

## Personal Training

### Trim & Fit Programme

Be realistic! Creating your best body is about the next few decades, not the next few weeks.

It is the change of lifestyle that proves results.

Our trainers will help you kick-start your fat loss programme through:

- Nutritional/ diet advice;
- Cardio programme;
- Progressive strength training programme; and
- Loads of motivation and encouragement.

The ultimate goal is helping you to stay motivated, thus, keeping the healthy routine and keeping in shape!

## Strength Training

Who says strength training is only for men? Women who strength trained have reaped loads of benefits as well.

- Strength training helps increase your basal metabolic rate.
- Lifting weights challenges your bones, leading to increased bone mineral density.
- Studies link weight lifting to lower levels of depression and anxiety and a greater feeling of psychological wellness.
- Strong muscles lower your risk of a sports injury.
- Working out with weights helps lower your cholesterol and blood pressure levels.

These are just a few of the benefits. Are you ready for more?

## Core Stability Training

The body's core muscles are the foundation for all other movements. The main concepts of core stability programmes involve using many muscles in a coordinated movement rather than isolating a specific joint as in most weight lifting, thus focusing on working the deep muscles of the entire torso at once.

You would be surprised to realise how much more you could benefit from having a strong core.





## Functional Training

Imagine having a "to die for" body but can't lift a baby without wrecking your back?

What functional training does is training for life. It is to receive "real life" in strength training.

At Physique 360, we highly recommend functional training which is inclusive of balance,

posture and coordination to individuals who want to feel better while carrying out their daily

chores, be it walking, bending, lifting, climbing up stairs - without pain, injury or discomfort.

Our oldest functional training client is 83 years old and she is in her pink of health.

Prevention is better than cure; prepare yourself and age gracefully to enjoy your retirement

with ease and joy.









## Sports Performance Training

Did you know that 53% of male and 45% of female golfers suffer from low back pain, and 30% of all touring professionals are playing injured

at any given time?

Did you know that triathletes, runners and people who play sports like football, soccer, basketball, skiing are more prone to knee injuries than others?

Sports performance training is the best solution to prevent injuries and most importantly, improve performance in your favourite sports.

**Postural Alignment** Common pains, such as carpal tunnel syndrome and lower back pain, regardless of age or circumstances, almost always involves two things: Observable skeletal misalignment and muscular weakness or imbalance.

The Postural Alignment Programme works to strengthen key muscles, using them to restore and maintain alignment in order to alleviate the painful symptoms. Proper alignment is the key to good posture and a healthy spine.



## Fitness-On-The-Move

No time to head for the gym? We can come to you.

Fitness-on-the-Move is a mobile personal training service which caters for all who wish to work out at their own premises.

No gym at your place? No worries. We have all you need to achieve your fitness goals in our little mobile home.