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Sent: Monday, 28 November 2011 1:06 PM
To: Steve
Subject: PHYSIO4ALL E-News: Stay Injury-Free - Cross Train

Learn about how Cross Training can help YOU! PLUS Special Offer - 10% off Original Tempur Pillows!!

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PHYSIO4ALL E-News

Be Safe - Cross Train!

You may be in great shape for the sort of exercise you do routinely. But if that's all you do, day after day, you may be setting yourself up for an injury or mental burnout, which is not a good way to get fit. How can you prevent injury and burnout? Cross training.

Cross training involves engaging in several different exercises and/or sports. The theory is that cross training seasons the body and introduces it to a wide variety of workouts and movements in order to increase physical abilities and thus avoid overtraining and injuries.



SPECIAL OFFER!!!

Download the following voucher,



Benefits of cross training include:

- Reduces exercise boredom
- Allows you to be flexible about your training needs and plans
- Produces a higher level of all-around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- Work some muscles while others rest and recover
- Can continue to train while injured (under advice from your physiotherapist)
- Improves your skill, agility and balance



Cross training can significantly reduce injuries caused by repetitive strain and overload and reduces the stress on the musculoskeletal system.

At PHYSIO4ALL we highly recommend cross training to avoid overuse type injuries. If you would like any advice regarding your training program, or if you have an injury, please call one of our physiotherapists on **9922-2212**.

and receive 10% off an Original Tempur Pillow! Only whilst stocks last.

Click here for [10% off an Original Tempur Pillow!](#)



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'Like us' at

www.facebook.com/Physio4all

and receive **10% off your next physiotherapy or pilates session!***

*Not applicable for Pilates Patient Packs. One discount applicable per person. Patients must 'Like' the PHYSIO4ALL Facebook page and let the reception staff know before receiving the discount.



Watch a great Video on our PHYSIO4ALL Video Blog!

For a great video on stretching, [click here!](#)

Look out for our FANTASTIC Pilates Specials - coming
to you NEXT WEEK!

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