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March 2010

EXCLUSIVE: PHYSIO4ALL Running Club for only \$17 per day!!!

- **Thinking of running the famous 14K City2Surf this August?**
- **Would you like to start running but not sure how to get started?**
 - **Do you need some motivation to run and get fit?**
 - **Are you running efficiently?**
- **Would you like to reduce the chance of getting a running injury?**
- **Want to exercise in a friendly, social and supportive environment?**
- **Do you want to improve your overall health and wellbeing?**

PHYSIO4ALL is proud to introduce our *Run Club* program for those who have a passion running and exercising in the great outdoors or who would like to kick start running as exercise. This new and exciting program is committed to the promotion and participation of people running the CITY2SURF or simply maintaining an active lifestyle. We understand that each of our clients is different, with unique goals and lifestyles. Whether an elite athlete, or simply looking to improve your fitness and health, achieving your objectives requires a flexible approach.

PHYSIO4ALL sports physiotherapists will dedicate their time and energy in guiding you through your training and running program on a weekly basis for the 4 month period leading up to the CITY2SURF event on the 8th of August, 2010.



Members are ***not obliged*** to partake in the City2Surf event. This program is suitable for beginners, intermediate and even advanced runners.

Membership to the PHYSIO4ALL Running Club will include:

- **Close professional supervision and comprehensive training** with highly qualified physiotherapists
- **A one and a half hour application of Video analysis** of your running Biomechanics and Movement patterns to assist you in identifying any weaknesses and the underlying causes for abnormalities in running, walking, sprinting and motor control, including video documentation of your running gait and advice on improving your running biomechanics, running shoes and the



- possible use of orthotics if indicated
- **A half hour postural analysis and assessment**, using high definition software
- **Customised Running Program** designed to progressively and safely improve your running performance and efficiency
- **16 x 1 weekly runs** with the physiotherapist to help you slowly build your running endurance and instruct you on safe and appropriate warm-up and cool-down procedures (to be confirmed)
- **Two half hour 1-1 Clinical Pilates sessions** aimed at designing a specific conditioning program to address your strengths and weaknesses
- **32 half hour Group Pilates and Motor retraining classes** under the guidance of our physiotherapists to optimise your running mechanics
- **One Free Orthotic fitting** as required upon the recommendation from our physiotherapist; to the value of \$75.00
- **Free four-month supply of Ultra Muscleeze Magnesium** to the value of \$140.00
- **Free PHYSIO4ALL Spinal Backblock** to help with decompression of your spine whilst training; to the value of \$20.00
- **Free PHYSIO4ALL T-shirt and sweat towel** (can be used on the day of the City2Surf event or for personal use) to the value of \$35.00
- Once you have become a PHYSIO4ALL Running Club member, you will receive a **discounted rate of 10% on all services and products** at PHYSIO4ALL.

ALL THIS for only \$17 PER DAY!!!!

Why become a member of the PHYSIO4ALL Running Club?

- Interact with highly qualified sports physiotherapists to reach your goals
- Expert advice, guidance and motivation to achieve results
- Personalized approach to your running program
- Thorough musculoskeletal assessment and management
- Evidence based movement re-training programs
- Improve your core strength Improve your flexibility
- Improve your cardiovascular health
- Reduce the risks of Type 2 diabetes
- Learn how best to warm-up and cool down
- Learn about running related injuries and how to prevent them
- Access to high quality nutritional products to improve health and performance
- Learn proper hydration strategies for optimal running and sport performance
- Easy payment options
- Health fund rebates may Apply

For More Information:

We cordially invite you to join us at one of our short evening seminars held at the PHYSIO4ALL practice on Tuesday the 6th and 13th of April, 2010 at 5:30pm where we will be presenting the PHYSIO4ALL *Run Club* program in more detail. During this informative seminar, you will also learn more about running injuries and how best to treat and prevent them.

Please note that light refreshments will be provided throughout the seminar.

To register, or for more information regarding this exciting program, you can download our [PHYSIO4ALL Running Club Information Pack and Registration Forms](#) right now, or contact our friendly staff. To confirm your attendance to one of our evening seminars, please advise our staff by calling (02) 9922 2212 during service hours from Monday to Friday.



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