

Body Dynamics Wellness Center



MAXIMIZING YOUR HEALTH POTENTIAL!

WE DO NOT STOP EXERCISING BECAUSE WE GROW OLD
- WE GROW OLD BECAUSE WE STOP EXERCISING
DR. KENNETH COOPER, COOPER INSTITUTE

STATEMENT OF INTENT

Body Dynamics programs are tailored to develop significant improvements in strength, function, energy levels, posture and work capacity at a rate that is appropriate for each individual's personal goals.

Our programs are of an inclusive nature taking into consideration various fitness levels and physical abilities to assist person's in achieving a better quality of life.

We also provide preventative remedies to combat lifestyle diseases and Exercise, Sport and/or Work Related Injuries.

It is our intention to provide a comprehensive mental, nutritional, social and physical assessment on each client to design specially tailored programs.

Our team is driven to deliver quality service and provide an active learning forum to keep you keen on maintaining your goals.

INJURY REHABILITATION & GENERAL FITNESS

This program is for persons with injuries who are unable or afraid to attend a "regular" gym. It entails a complete assessment followed by the creation of a personalized treatment plan to assist in recovery and to improve general fitness.

PHASE 1: 6 weeks – 8 weeks

- Pain and muscle spasm reduction
- Posture re-education
- Endurance and Flexibility training
- Body weight / Light weight strength training

PHASE 2: 8 weeks – 3 months

- Progressive Strength Training
- Progressive Endurance Training

PHASE 3: 3 months onwards

- Maintenance



HEALTHY LIFESTYLE PROGRAM

With this program an individualized exercise prescription will be created based on the health and/or fitness level of the client, starting off at 40 – 60% of their maximal heart rate. This is then increased progressively as fitness levels increases. Training sessions will occur three (3) days weekly on an individual basis until clients are able to maintain a fitness level of 75% maximum heart rate where group sessions will be commenced

This program is intended for persons with

- Diabetes
- High Blood Pressure
- High Cholesterol
- Osteoporosis
- Osteoarthritis
- Obesity
- Cardiopulmonary Disorders

IT IS DESIGNED TO

- Improve general fitness
- Maximize muscle function
- Promote maintenance of bone mass and reduce bone loss
- Promote a healthy cardiovascular system
- Assist in promoting and maintaining weight loss



PHASE 1: 4 weeks - 6 weeks 40 – 60% MHR

- Improve exercise tolerance and endurance
- Client education on how to safely begin and maintain a home exercise program
- Body weight or light weight training

PHASE 2: 6 weeks – 3 months 50 – 70% MHR

- Progressive strength training
- Progressive endurance training

PHASE 3: 3 months onwards 60 – 90% MHR

- Maintenance

