

BALANCE IS LIFE

Balance problems are conditions that make you feel unsteady or dizzy. The control of balance is a crucial component of daily life as proper function is essential for even routine tasks, such as reaching for objects, standing, and walking.

This class is for persons with balance - related problems caused by:

- Ear problems
- Head injury
- Poor blood circulation
- Certain medications
- Irregular blood pressure
- Neurological conditions
- Arthritis
- Aging
- Rhinitis/Allergies

BREATHE RIGHT

Difficulty breathing is often associated with the following respiratory and cardiovascular conditions. These conditions can also trigger dysfunctional breathing patterns, which can make symptoms worse.

- Rhinitis
- Asthma
- COPD
- Chronic bronchitis
- Allergies
- Sleep disturbances
- GORD
- Heart conditions
- Hypertension

PILATES FOR OSTEOPOROSIS

Clients with osteoporosis face genuine issues when looking for a suitable exercise program. This flexion free workout, address the specific needs of this population. Classes are categorized for the fit and frail depending on the level of osteoporosis and other comorbidities.

Pilates for osteoporosis can help people with weakened bones by:

- Increasing bone density
- Increasing strength and muscle mass
- Improving balance, which can help prevent falls
- Improving flexibility and posture

PRE & POST SURGICAL WELLNESS CLINIC SERVICES

Pre - Surgical Clinic

To improve the patient's post-surgical outcome and overall health before surgery; by utilizing a combination of skilled therapy and wellness services to provide focused conditioning and general fitness training and education.

Post - Surgical Clinic

Post-surgical physical therapy is used to restore patients to prior levels of physical function and enhance the healing process. The primary goal of post-surgical rehabilitation is to help patients return to being pain-free as safely and quickly as possible through all daily activities: work, competitive sports, and recreational activities.

Pre and Post-surgical rehabilitation is used in a variety of instances, including:

- Joint replacement procedures (hip, knee, etc.)
- Transplants (Kidney)
- CABG



Body Dynamics
Wellness Center

Body Dynamics Wellness Centre Ltd.
introduces a new wellness program:

"A Healthy You"

A Healthy You is designed to assist persons living with non-communicable diseases and age related conditions take control of their wellbeing.

Being well (Wellbeing) is a "state of mind" as well as an "act of doing".

What does it mean to be HEALTHY?

W.H.O. defines Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



**START
ACHIEVING
YOUR GOALS!**

Who can participate?

Our target population would consist of persons with the following conditions:

- **Neurological Disorders:** Stroke, Parkinson's Disease
- **Cardio-pulmonary Conditions:** COPD, CABG, Heart disease, Asthma
- **Orthopaedic Conditions:** Arthritis, Osteoporosis
- **Non-Communicable Diseases (NCD):** Diabetes, Hypertension, Obesity, Cancer
- **Vestibular and balance related problems**

What we offer:

The well-being of our clients is of utmost importance and as such, we are committed to keeping up with the latest research in wellness and rehabilitation, enabling us to provide you with evidence based care in a safe environment to improve function, mobility and quality of life. It is our goal to provide each person with their own unique experience at our clinic.

Why choose us?

We believe it is not impossible to offer completely customized services, since each client will present with a unique body, health status, disease and or disability and with varying goals. Our goal is to provide an environment where persons feel comfortable and are motivated to participate in activities that will enhance their well-being and maximize function.

Program Structure:

ORIENTATION

At the orientation clients will get a better understanding of the services that we offer and how we can help them achieve their goals.

PRESENTATIONS

- Stages of readiness
- Personal vision statement
- Barriers to change and how to overcome them
- Setting SMART goals
- Healthy Eating

Here we emphasize that results will depend on individual goals and each person's commitment to making positive changes to their lifestyle.

CHOOSING THE RIGHT PROGRAM

- Balance is Life
- Breathe Right
- Dynamic Movement Pattern Workshop
- Healthy Lifestyle Program
- Pilates for Osteoporosis
- Pre/Post-Surgical Wellness

SCHEDULE APPOINTMENTS

Assessments will be conducted to create a baseline profile for each client:

- Nutritionist
- Rehabilitation Specialist
- Psychologist

**GIVE YOURSELF
THE GIFT OF
HEALTHY LIVING**

SEE YOU IN YOUR
HEALTHY-SELF