



Benefitting From An Active Lifestyle

BUILDING A SUCCESSFUL ACTIVE LIFESTYLE! Building a healthy lifestyle can be frustrating and confusing. Learning about the 5 concepts to know in order to build and sustain an active lifestyle can bring you all the associated health benefits. Learn important tips and concepts about how to build and benefit from an active lifestyle that is balanced and effective.



- Topics Include:*
- Concepts of healthy living
 - Ways to implement concepts
 - Tools to monitor progress



Workout Success Strategies

JUST GETTING YOUR WORKOUT STARTED? Getting started with your workout can be overwhelming! What should you do first? Are you doing the right things? How do I avoid getting injured and quitting? Learn important tips and concepts about common problems people have, easy ways to avoid them, and solutions to current problems.



- Topics Include:*
- Common pitfalls of conditioning
 - Concepts of conditioning
 - Tools for progress



Walker & Runner's Mini-Clinic

ARE YOU A WALKER/RUNNER? Walking and running is fun, but problems in the body's structural alignment, muscular function, and technique can limit your efforts. Learn important tips and concepts about common problems specific to walkers and runners, ways to take charge of them and solutions to chronic problems.



- Topics Include:*
- Common problems that plague the walker and runner
 - Concepts for building a successful and sustainable walk/run
 - Methods for monitoring progress



Foot & Ankle

GOT FOOT PAIN? Achy, tired and uncomfortable feet keep many people from doing what they want to do. At this class and associated foot screening, reasons why feet hurt will be revealed! Learn tips, tools and concepts about resolving foot pain, and how feet can provide a lifetime of service with little to no problems.



- Topics Include:*
- Common sources of foot pain
 - Home remedies to take charge
 - Concepts of orthotics



Neck & Back Strength

GOT NECK OR BACK PAIN? Neck and back problems have 2 sources - either you've been in some trauma, or your lifestyle has allowed your neck and back to get weak. Learn tips, tools and concepts about resolving neck & back pain, and how to build strength, stability, and resilience in them.



- Topics Include:*
- Common sources of neck and back pain
 - Home care remedies and concepts
 - Treatment options and concepts to build strength, stability, and resilience

Workshop Assessments



Foot Screening: A COMPLIMENTARY service that is provided concurrently with the workshop. A weight bearing digital foot scan provides a real time image of foot function. Immediate results are available to the participant which can be discussed with the doctor during a complimentary consultation. This allows for concerns and questions to be addressed.



Motion Analysis: A COMPLIMENTARY service that is available for workshop participants. A video analysis provides information about potential and current gait problems. Results are available to the participant which can be discussed with the doctor during a complimentary consultation. This allows for concerns and questions to be addressed.



Postural Analysis: A COMPLIMENTARY service that is provided concurrently during a workshop. Altered or asymmetrical posture can result in uneven or increased stress to be placed on joints. A real time image is analyzed for symmetry and possible areas of current or potential dysfunction/injury. Results are reviewed with the individual where concerns and questions can be addressed.