



# sports conditioning programme

**Get fit BEFORE your  
sports season and  
avoid injury!**



# Feel like a winner

How can Active Physio help you to attain this goal, integrating everyday activities with fitness and health?

Active Physio and recent research suggest that being conditioned for sport reduced risk of injury. 'Sports Conditioning' will involve you in a 6 to 12 week course where we:

- ✓ Measure your cardiovascular fitness and set you on a progressive programme.
- ✓ Teach you a pacing programme, so that you achieve improvement without stress to your body, incorporating all your daily activities.
- ✓ Teach you a resistance (weight) training programme.
- ✓ Assess your muscle balance so you can get going safely and without injury.
- ✓ Teach stretches and strengthening exercises so that you can go further and faster without injury.
- ✓ Use our manual therapy skills to facilitate your muscle balance and enhance your progress.

## Why is it important to be conditioned for sport?

Both aerobic endurance exercise and resistance training can promote substantial benefits in physical fitness and health factors. These forms of activity when combined with a specific training programme are highly effective tools for enhancing your sport performance.

### What's the outcome?

- ✓ Optimum performance during the event.
- ✓ Improved overall energy levels.
- ✓ Sense of achievement and self confidence.
- ✓ Avoiding unnecessary pain and injury.