**SERVICES OFFERED:**

**Chronic Disease Management and Prevention:**

Develop self-knowledge surrounding relevant behaviours such as sleep, diet, exercise and medication use that will allow you to recognize, identify and deal with barriers to change for a lifetime. You will learn evidence-based exercise protocols in a safe manner to facilitate symptom prevention and management of chronic conditions such as:**Diabetes, Cardiovascular Disease, Pregnancy, Pulmonary Diseases (asthma, COPD), Mental Health Conditions (depression, anxiety), Osteoporosis, Fibromyalgia, Arthritis, Obesity, Kidney Failure and more.**

**Pain Management (Chronic and/or Acute):**

Pain is caused by many factors internal and external in nature and sometimes medication can exacerbate the problem. Kinesiology can offer an alternative. Although current medical science has yet to find a cure for chronic pain, it **is** possible to improve function and quality of life. *Take back your life. Start moving and feeling better today.*

 **This is facilitated through:**

* education in safe lifting techniques and body mechanics
* evidence-based exercise programs including resistance, aerobic and flexibility training
* postural assessment and training
* education in the pain processes
* learning to pace activity
* stress management
* micro-current point stimulation (MPS) therapy

**Functional Fitness Training:**

Use movement patterns necessary for work and sport in your exercise routine. Optimize performance as you strengthen your muscles in the way they were built to move, using evidence-based protocols in a safe manner to help you achieve your fitness goals.

* fitness assessments
* sport or work specific exercises
* education in body mechanics and safe lifting techniques
* postural assessments and training
* fall prevention and balance training

​**Safe Exercise Programs for Pregnancy:**

The 2019 Canadian Guideline for Physical Activity throughout Pregnancy Research advises that Physical activity is now seen as a critical part of a healthy pregnancy.

Safe exercise routines may reduce your risk of pregnancy-related illnesses like depression by at 25%, of developing gestational diabetes, high blood pressure and preeclampsia by 40%. Read more here

​**Private Health Coaching:**

Have you tried other methods? Not a GYM person? Do you suffer from disease and/or pain? Do you NEED to get healthy but not sure how to get started? Elyssa provides her clients a safe, guided, goal oriented program with measurable results. Identify barriers, change behaviors that sabotage, learn how to become accountable and enjoy life-long results.

**Walk 'n Talk Club:**

Wednesdays. BOOK NOW!

A wonderful and social way to stay healthy and tone up for summer.

*​***Max 4 Participants Per Group:** so book in advance!

* **Payment Method:** Donation to Charity
* **4 Week Rotation:** each week will focus on a different type of stretching
* **Includes**: 30 minutes of walking plus 15 minutes of stretching. ​

 People are not required to walk the entire time if you need a break your are encouraged to self-monitor to find your pace.