

DID YOU KNOW?

What: Injury reduction with the FIFA 11+ Training Program

Who: Trevor Watson - Physiotherapist

Where: Human Performance Centre

When: Monday to Friday by appointment

Why: Achieve your best for a healthier you!

"Have you or someone you know found yourself sidelined through injury from the sport or leisure activity you enjoy? Want to reduce your risk of injury and fully participate in your activity? We can help! At the Human Performance Centre we understand the importance of staying active. By prescribing specific training programs to match your activity needs, we can help significantly reduce your risk of injury. This applies to all forms of activities from leisure to competitive. Achieve your best with a proper strength and conditioning program."

Book your appointment today!

