

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

HUMAN PERFORMANCE CENTRE

Need help getting ready for spring and summer activity? We Can Help!

Now is the time to start preparing your body for all of the spring and summer activities we enjoy.

Our body will appreciate a little preparation before diving right into all of our yard work, hiking, running, golfing, kayaking/ canoeing, painting, baseball, soccer and any other activities or chores we have on our list.

It is important to start out slow and easy if you haven't been active through

the winter months and allow our body time to get use to our new found physical level. Starting some basic strength training exercises can make many of the activities much easier to get back into and keep us from getting too sore. We will also be able to do more work or activities before tiring out. Also, finding some exercises that help simulate some of the activities we will be doing can also help us transition into those activities without the typical soreness and fatigue

we usually experience.

Gradually increasing our activity levels week by week leading into summer will set us up for an awesome summer of fun and play while hopefully keeping the doctor and physiotherapy visits away.

If you need any suggestions for activities or exercises to prepare you for your summer fun give us a call, send an email or drop by the Human Performance Centre.



Sarah Estabrooks, Kinesiologist
Sarah Estabrooks is a kinesiologist and runs the Fitness Centre at the Human Performance Centre. She can be contacted at 738-3554.



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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION