

B1: A healthy lifestyle

Through this program we will introduce you to some basic elements of what is important for a healthy lifestyle.

Movement and activity make up a large part of what is required to successfully manage pain.

As we are all different, and therefore there is no 'one-size-fits-all' we would encourage you to create your own 'prescription' for movement and activity.



Movement as my medicine

What are the benefits to me?

What type of movements do I most need?

What dose do I require?

When: _____

How often: _____

How much: _____