

P.W.P.

Personal Wellness Programme

WELLNESS PROFILE

- Health History
- Exercise History
- Blood Pressure
- Weight
- Body Composition
- Body Measurements
- Movement Analysis
- Postural Analysis
- Flexibility Assessment
- Nutritional Analysis
- Mental & Emotional Health
- Hours of Sleep per Night
- Rest & Recreation
- Social

PERSONAL WELLNESS PROGRAMME (PWP)

Body Mechanics Personal Wellness Programme has been developed to generate a sound understanding of your health and exercise history, your current wellness status, and to develop a “Road Map” to navigate the challenges and obstacles that need to be addressed to achieve your desired outcome.

We will provide the structure, accountability, expertise and inspiration to enable you to learn, grow and to develop life skills, to take charge of your own wellness and exercise aspirations.

WELLNESS PROFILE (WP)

This forms the foundation from which we build your programme and works in conjunction with our “Goal Achievement Strategies”. For some this may include a Health Risk Assessment (HRA) with your doctor.