



Office Comfort

Physiotherapy @ Les Mills
offers seminars onsite in
the workplace

We provide Education on:

- ★ Human mechanics to gain an understanding of how your body functions
- ★ Principles of Healthy Lifestyles
- ★ Work station set-up to independently position staff on the furniture provided
- ★ Achieving comfortable relaxed work postures while seated at a workstation
- ★ Self management techniques for maintaining personal fitness and comfort

Are YOU fit for LIFE?



**Are YOU fit to work as an
INDUSTRIAL ATHLETE?**

Physiotherapy @ Les Mills is a HDANZ accredited clinic.

