

# PUSH\_health & wellness



## DIABETES

Our diabetes program will provide you with a safe and effective workout, whilst educating you on nutrition to prevent and treat diabetes.

Our qualified, Workcover accredited, exercise specialists have designed a specific program to improve a diabetic's quality of life.

## HYPERTENSION

High blood pressure?

Exercise is proven to prevent and treat high blood pressure. Our PUSH\_Training Team has specifically designed a program to aid in improving our hypertensive client's quality of life.

## ARTHRITIS

Arthritis clients can improve their quality of life with a functional PUSH\_Program.

Our team understands the problems associated with arthritis and also what exercises will be most effective to 'Live Your Best Life'.

## LOWER BACK PAIN

Over 80% population suffer back pain. Learn how to stretch and strengthen supporting muscles to prevent and manage back pain.

**PUSH**

[THE RIGHT BUTTON]

**PUSH\_Training Systems**

The unique **PUSH\_Health & Wellness** programs provide you with the most effective long term medicine, for treatment and prevention of many diseases and illnesses.

Major health benefits will result from exercise regardless of age, or when you start.

**PUSH\_Health & Wellness** also includes:

**OBESITY**

**JOINT FUNCTION & MOBILITY TRAINING**

**IMPROVING CO-ORDINATION & BRAIN FUNCTION**

**DECREASING DEPRESSIVE TENDENCIES**

**DID YOU KNOW?** 3-4 moderately vigorous 40 minute workouts can prevent major illnesses such as stroke, heart disease and some cancers by 68%!

## physician **30/30** recommendation

Patient Name: \_\_\_\_\_

Patient Phone: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Stamp:

**Patient is cleared for:** (please tick)

- (  ) Unsupervised exercise  
(  ) Pending results of graded exercise test

**Precautions/special conditions for exercise clearance:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Optional:** (please tick)

- (  ) Cardiovascular exercise  
(  ) Strength training  
(  ) Balance training  
(  ) Flexibility training

**Contact:**

Club name: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Suburb: \_\_\_\_\_

**VIVA FITNESS, 3-4 Keele Pl, Kidman Pk** Find a club near you  
**CALL 8353 5533** [pushtrainingstystems.com.au](http://pushtrainingstystems.com.au)

Also at Starplex - Gawler 8522 0622 & Satori - Unley 8299 9701