

**Are you doing your back exercises?** You might not be - most people don't, particularly when they are not in pain. And those that do them often end up doing the same three or four exercises over and over again...

What our bodies need, and often crave, is variation in movement, so that our spine is prepared for any type of activity, being it hanging washing on the line or training for one's first marathon.

We are now proud to offer “**Back Pain Classes**” to all our patients. Over a month's period, you will learn a multitude of back, stomach, hip, leg and postural exercises – whilst doing them in good company! You will also be provided with a detailed handout of the exercises, so that you can practice in your own time. The idea is that each day you do two, three or however many you want – exercises, so that your body gets the movement variation it needs – and you avoid “exercise boredom”.

### **When**

Wednesdays 7-8 pm & 8-9 pm

Course one: 15/7; 22/7; 29/7; and 5/8

Course two: 12/8; 19/8; 26/8 and 2/9

Course three: 30/9; 7/10; 14/10 and 21/10

Course four: 28/10; 4/11; 11/11 and 18/11

Course five: 25/11; 2/12; 9/12 and 16/12

### **How**

Book your course prior to starting; spaces are limited to five persons per class. Should you miss one class, we may be able to allocate another session if we have a cancellation or a free space. **Please indicate which class and time you would like to attend/plus a 2<sup>nd</sup> choice class**

Download our back pain questionnaire and registration form online

[http://www.personalbeststudio.co.uk/Personal\\_Training\\_Stroud\\_News.php](http://www.personalbeststudio.co.uk/Personal_Training_Stroud_News.php)

(articles/back pain class questionnaire) and bring it with you to your first session.

### **How much**

£12.50 per class, your course is payable in advance, so please send a cheque or bring payment of £50.00 to your first session.



ONE TO ONE PERSONAL TRAINING | CHIROPRACTIC | SPORTS MASSAGE

Frogmarsh Mill, South Woodchester, Stroud GL5 5ET. Tel 01453 873811 Email: [carl@personalbeststudio.co.uk](mailto:carl@personalbeststudio.co.uk)

[www.personalbeststudio.co.uk](http://www.personalbeststudio.co.uk)

## **What to wear, what to bring**

Trainers, and comfortable clothes that are not too hot – e.g. tracksuit bottoms and a t-shirt. Bring a bottle of water and a towel if you prefer to use one on top of your exercise mat.

## **What to expect**

You will learn around 30 exercises that will provide you with a varied and challenging back program. Although our classes are informative, be prepared to exercise hard – this will make you sweat. Also, you will be tapping into muscle groups that may not have been used for a while, so a little stiffness the day after is common.

Many of our patients choose to come weekly over a course of several months, whereas others do four sessions and feel confident that they can carry on at home. Either way, we recommend that you practice your exercises between sessions, the more you use them, the better your results will be!

Could this be the way forward for you?

Call us on 01453 873811 to book your course, or contact us online at [kristine@personalbeststudio.co.uk](mailto:kristine@personalbeststudio.co.uk) for more information.



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# BACK CLASS QUESTIONNAIRE

Name

Address

Contact telephone number

Have you suffered or are you suffering from any of the following problems

Low back pain

Low back pain and sciatica

High blood pressure

Low blood pressure

Hernia

Heart problems   
specify).....

Lung problems

Shoulder pain

Knee pain

Hip/groin pain

Ankle problems

neck pain

neck pain and arm pain

osteoporosis (brittle bones)

headaches .....

broken bones (please

cancer (please specify).....

Operations (please specify).....

Are you taking any medication (please specify).....

Water intake (litres/day).....

Coffee/tea (cups/day).....

Do you smoke? If yes, how many per day.....

If you did, but gave up – when did you give up?.....

Exercise levels: none  light  moderate  very active

**All personal information is treated with strict confidentiality**



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**ANY OTHER INFO**



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