



**YOUR TIME
MATTERS!
YOUR
HEALTH
MATTERS!**

**WE HELP REDUCE
PAIN POINTS,
INCREASE
FUNCTIONALITY &
AGILITY, TO ENABLE
YOU TO ENJOY
BETTER DAILY
LIVING!**



**WE PUT THE
WORD 'FUN'
INTO
EXERCISE!**

The Body Tonic Group

With Lynne Scott

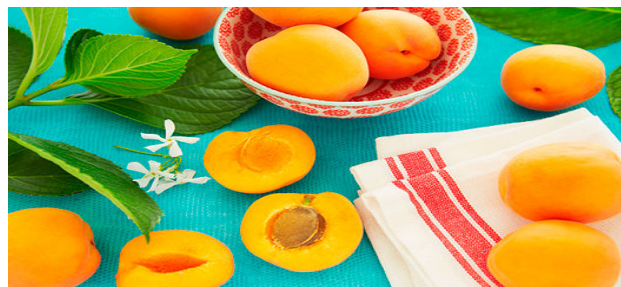
Training and services offered

Please find the cost of our services listed below.

ANSWERS YOU WILL BE LOOKING FOR...HOW DOES IT WORK AND WHAT IS THE COST? WHAT IS IT ABOUT & WHAT IS EXPECTED? HOW LONG DOES IT TAKE? WHAT DO WE LEARN & WHAT DO WE BRING ALONG WITH US?

What to expect:

Take control of your body. **Balance work | Life | Health.** Gain practical, **valuable tips &** great health principles. **Reduce pain** points. **Prevent injury.** Move more efficiently; **increase strength.** Work around old injuries. Learn to do effective moves to **better your functionality** and mobility. **Release stress & tension.** **Understand how to do easy, moves to increase strength.** Learn **mind-to-body connection to increase output, to gain optimum results.**



- **Small group classes = To be discussed with Lynne and subject to change. Permanent time slots/places. Bookings essential. Payment in full by the 1st of the month for the full month. Medical and agreement forms apply.**
- **P.T. sessions = To be discussed with Lynne and subject to change. Bookings to be discussed with Lynne. The same payment & principles apply for medical forms, agreements, bookings, and payments, as per small group.**
- **Sports advanced & remedial massage = \$130.00. All payments are due before the 1st of each month in full, for permanent weekly massages booked.**
- **Massages booked when needed, terms and conditions apply.**
- **Assessments and exercise consultations = \$142 per hour. (3x booked sessions initially. 6x or 12x to follow should you wish). Terms and conditions apply.**
- **90-Minute interactive workshops = \$140 per person. Terms and conditions apply.**

All services are confirmed with Lynne Scott via email and require you to fill in an agreement form and complete a medical form. This is to ensure we are working according to your health and safety.

Events, corporate requests, or any special services you may be looking for are to be discussed with Lynne.

Should you have any other queries, please feel free to connect with Lynne Scott via email. Should you wish to call, please text first, explaining in brief your request. This due to differing and late evening hours of training or massage. Lynne will endeavor to get back to you as soon as possible.



**FITNESS
DREAMS CAN
BECOME
GOALS –
CONSISTENCY
WITH YOUR
EXERCISE IS
KEY!**



Lynne Scott your

*Movement Specialist &
Fitness Trainer (Reps.
Registered)*

*Pelvic Floor & Core
Certified*

*Sports Advanced &
Remedial
Massage Certified*

*The Biomechanics
Method Corrective
Exercise Specialist*

Author

On the day of your service...

We get straight into your massage or moving and having fun, addressing your health concerns, and doing the exercises with correct technique, putting your health and safety first.

WE WELCOME YOU JOINING US!

Meaning of the 'Body Tonic':

To increase body tone, invigorate, enliven. Intended to improve and strengthen the functioning of the body, to increase the feeling of wellbeing, serving to stimulate mental, physical, and emotional vigor.

FOLLOW LYNNE SCOTT'S MOTTO:

P.L.A.N.

P - POWER WALK, PUT MORE POWER INTO YOUR STEP & REMAIN ACTIVE.

L - LOVE & LEARN NEW EXERCISES. LEARN TO LOVE EXERCISE MORE!

A - ADAPT & ADJUST ACCORDINGLY. ADJUST YOUR LIFESTYLE TO MAKE HEALTHIER CHOICES AT HOME, IN THE WORKPLACE & SOCIALLY.

N - NUTRITIOUS FOOD CONSUMPTION. FOLLOW BETTER EATING PLANS & HEALTHIER EATING GUIDELINES.

FOLLOW THE P.L.A.N. FOR A CONSISTENT & HEALTHY BODY WEIGHT.

WWW.THEBODYTONICGROUP.COM

**Yours In Core Strength,
Lynne**

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Mobile: 021 204 3280

<http://www.thebodytonicgroup.com>

Hip Flexor Stretch

The hips play an enormous role in posture. Hip flexor stretches should be done daily.

This is an exercise & great stretch to help relieve sore backs, as hips play a major part for when we move forward, stand and turn in different directions.

Stand in a forward lunge position (not deep or too low), one leg bent in front of you, without bending the knee too far forward (the knee must not go over the front toe) Keep the hips facing forward, the legs fairly far apart and the heels flat on the ground. Push forward gently from the hip region, leaning forwards into the hip without force.

Lift your arms up, just above shoulder level, without arching your back, or leaning back too far.

Hold for the count of 5 (ensure the arms don't drop down).

N.B. To come out of the position, bend your knees, bring your arms in close to your sides and do a spinal roll.

REMEMBER THIS IS NOT A THIGH EXERCISE, IT IS A STRETCH TO BE FELT IN THE STOMACH, FRONT OF THE LEGS, AS WELL AS THE HIP AND GROIN REGION. DON'T DO SHARP OR JERKY MOVEMENTS.



FOR MORE
HEALTH &
FITNESS
TRAINING TIPS
FOLLOW
LYNNE SCOTT

WWW.THEBODYTONICGROUP.COM



STRETCH OF THE UPPER & LOWER BACK

Supporting & relaxing tight muscles. Preventing pain in the pelvic region and back



Place your hands and fingers on the inside of your knees and push your legs apart gently.

Keep your hips facing forward.

Turn your head and shoulder gently to one side and then repeat on the other side.

Move slowly and breathe slowly, repeating the movement four times.

Make sure the hips don't rotate inwards or you won't stretch the back. It will hurt the lower back. Remember to follow through with your head at all times.



BE SHOWN THE CORRECT WAY TO EXECUTE MOVES SUITED TO YOUR NEEDS WWW.THEBODYTONICGROUP.COM