



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

Assessments and exercise consultations

with Lynne Scott of
The Body Tonic Group

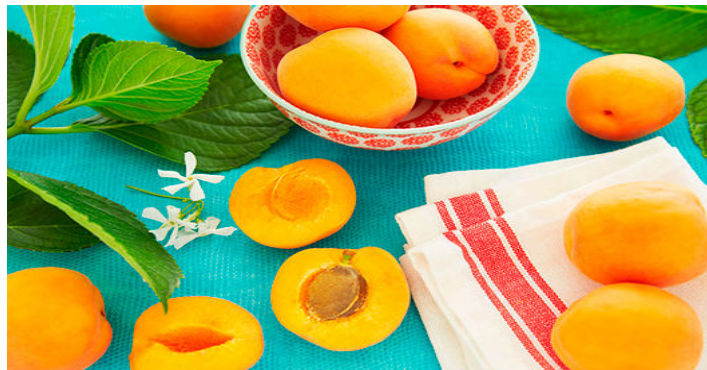
Assesments and exercise consultations.

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 TO THE SESSIONS?

What to expect on the day & the skills you will learn:

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.

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



- **Duration of each exercise consultation is 1 hour. Contact Lynne Scott for prices and to help you find solutions to your health concerns and queries.**
- **There are minimum of 3x sessions to be booked initially.**
- **6x or 12x sessions can be booked thereafter. Dates and times are to be discussed with Lynne Scott, via email or phone conversation. Final bookings are confirmed via email. Terms and conditions apply.**
- **An agreement and medical form will need to be filled in and returned it to Lynne, with payment made in full, (for the 3x, 6x, or 12x hour sessions) before commencement of training.**
- **When payment is reflecting in the BTG bank account, a final confirmation via email, will follow through.**
- **Bookings made telephonically are accepted and payment is to be made with immediate effect, to secure your place. Should payment not be made within three days, bookings will be cancelled. Another booking can be made should you wish.**
- **Please fill in the medical form completely; this is to ensure we are working according to your needs and ensuring your safety.**
- **Payment information, medical forms and all necessary details are found on the agreement form. Payment is in advance. A manual of information & exercises is given at 6x sessions only. Please contact Lynne for more.**



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

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



**MOTIVATION
COMES FROM
SEEING
POSITIVE
CHANGES!**



On the day of the assessment and exercise consultation...

We get straight into addressing your health concerns. We focus on your questions and help you to find practical solutions, through correct exercises and techniques. We support and help you to achieve optimum results and the right answers to what you are looking for. We will show you movements that you can do at home to help you get stronger, addressing your needs, your safety is paramount.

Support material is given in the manual on nutrition, with various well-being tips and advice. At the workshop we support you and you learn to:

Address musculoskeletal imbalances and find solutions to pain trigger points.

Learn self-myofascial release techniques. Learn to maintain correct alignment.

Improve range of motion and address tight muscles.

1. Take away knowledge on how to do exercises properly and the reasons why we do certain movements, to support the improvement of the body. Take control of your body and to help maintain good balance. Relax the mind, which supports the prevention of Dementia.
2. Taught movements that strengthen many muscle groups and be shown how to increase your flexibility. (This is an aid to enable you to move more efficiently and with the correct technique, to give you optimum results to a healthier and stronger body, and a calmer mind).
3. Learn to hold yourself in the right position with certain exercises, learning to use certain areas of the body, you may not have thought of when doing certain moves to attain good results. What you learn will also help to give you a chance to heal should you have an injury and wish to strengthen.
4. The exercises are easy, effective and great to build on as you grow in strength from being consistent with your movements in your own personal capacity.
5. Lynne will demonstrate movements and guide you on how to execute the exercises she shares, correctly guiding you, on how you can increase your strength, working your body to support a stronger core and pelvic floor muscles or other regions of the body to increase better daily living.
6. You will be taught to think about the exercises you are doing with Lynne, learning to making mind to body connection – which increases output by up to 22%.
7. You will be learning to move the hips, feet, legs or any other part of the body into a position suited to you and your personal needs. You will learn exercises that support and prevent pain & increase agility.
8. Exercises will be demonstrated that you could do in a day or week, with minimal fuss and little time taken, to help you increase your strength, or to work around your personal activities or daily life and events.

FEEL FREE TO CONNECT BY SENDING US AN EMAIL

WE WELCOME YOU JOINING US!

RECEIVE A FREE MANUAL AFTER YOUR 6X ONE HOUR SESSIONS. THE MANUAL WRITTEN BY LYNNE SCOTT HERSELF IS TO SUPPORT YOU ON YOUR EXERCISE AND WELLNESS JOURNEY.

LYNNE SCOTT'S INFORMATION AND MATERIAL, WILL BE AN AID TOWARDS INCREASED BETTER HEALTH, TO HELP YOU WITH GOOD DAILY LIVING.

SUITED TO YOUR NEEDS, LET LYNNE SCOTT KNOW WHICH AREAS OF THE BODY YOU WOULD LIKE TO WORK AND YOUR HEALTH CONCERNS THAT YOU WOULD LIKE TO ADDRESS.



**A GOOD
WORKOUT
OR SPECIFIC
EXERCISE, IS
A SMALL
DAILY
CHOICE -
YOU OWN
THIS AND
CAN-DO IT!**

LYNNE SCOTT

Your

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

****The Biomechanics
Method Corrective
Exercise Specialist**

****Pelvic Floor & Core
Certified**

****Advanced Sports &
Remedial Massage
Certified**

****Author & Writer of
Support Material and
Books Online. Social
Media Platforms**

TOPICS TO CHOOSE FROM ARE SUGGESTED BELOW OR YOU WELCOME TO BOOK IN FOR OVERALL HEALTH & WELLNESS.

YOU CAN ALSO CHOOSE TO DO WORKPLACE STRESS RELIEVING EXERCISES.

IMPROVE BALANCE & INCREASE BETTER POSTURE

STRENGTHEN TO GET UP OUT OF A CHAIR, UP OFF THE FLOOR OR TO DO THE GARDEN CHORES WITH MORE EASE

STRENGTHEN THE CORE & PELVIC FLOOR MUSCLES

INCREASE FLEXIBILITY AND STRENGTHEN THE LOWER BACK

ALL TOPICS WILL ADDRESS REDUCING PAIN TRIGGER POINTS, WORKING AROUND ANY OLD OR NEW INJURIES YOU MAY HAVE.

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**

BTG

GOING FORWARD IN CORE STRENGTH,

Lynne Scott

**Movement Specialist & Fitness Trainer (Reps. Registered)
Pelvic Floor & Core Certified and Author
The Biomechanics Method Corrective Exercise Specialist
Sports Advanced & Remedial Massage Certified**

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