

FIT FOR LIFE PROGRAM

FITNESS & HEALTH MYTHS DEBUNKED
HEALTHY LIVING - REDEFINED

BREAKING COMMON HEALTH & FITNESS STEREOTYPES



FOUNDER

RAVICHANDRAN

Founder & Principal Physiotherapist



Mr V. Ravichandran is no stranger to the health and wellness field. With more than two decades of experience and knowledge working with clients who have different physical and chronic conditions, he has developed and evolved solutions that have proven to be effective and risk-free.

These include a complete holistic overhaul of the body, the core belief stating, 'Wellbeing is necessary to heal'. Apart from his core work, Ravichandran takes pride in developing a highly motivated team through effective leadership coaching.

His programmes focus on lifelong results and relief that can be felt almost immediately. He takes pride in helping clients reach the goal of healthy living, walking by their side, and providing the expertise and support that they need whenever necessary.

Mr V. Ravichandran seeks to make effective alternative treatments accessible to those who need them most. Living with good health is a right for all, and his mission is to educate as many as possible on this ideology and make Hallmark a trusted partner in one's journey to Good Health.

He has evolved carefully curated treatment methodologies, which include a complete holistic overhaul of his patients, the core belief stating, 'Wellbeing is necessary to heal'.

He has also sourced and developed new strategic global partnerships, country-level planning, and marketing opportunities that generate new revenue streams under the Hallmark Umbrella.



PHYSIOPRENEURSHIP MERGES CLINICAL EXPERTISE WITH ENTREPRENEURIAL DRIVE, FORGING A PATH WHERE HEALTHCARE MEETS INNOVATION. PHYSIOPRENEURS ARE PIONEERS, BLENDING REHABILITATION WITH BUSINESS ACUMEN TO SCULPT FUTURES AND PROPEL HEALING FORWARD.

DO YOU KNOW?

BEING FIT ~~≠~~

- **BULGING MUSCLES**
- **BEING THIN**
- **EATING ONE MEAL A DAY**

This detrimental ideology forces many into a false sense of Health. Majority of those considered 'FIT', overwork their body, resulting in musculoskeletal conditions like **Osteoarthritis, a degenerative disorder** that affects the joints as a result of wear and tear.



RESEARCH



In 2020, more than **700 million** individuals aged 40 and above, were diagnosed with **Osteoarthritis**, worldwide.

This number is expected to increase in the future due to growing risk factors.

DID YOU KNOW?



WHAT ?

THE PROGRAM IS ABOUT

- Deconstructing common misconceptions of Fitness
- Importance of Mobility
- Rejuvenation of the body and mind
- Aging with Dignity
- Holistic Rehaul to the body
- Nutritional guidance
- Preventive care



WHY?

CONSIDER THE PROGRAM

- **Societal norms of Fitness & Health** aren't always the right path.
- **Safety First** - Learn about safe & practical ways to better one's health & fitness.
- **Nutritional Guidance** - Food is found in abundance today & this has shown a detrimental effect on humankind - we need to change our relationship with food & understand how to get the most health & nutritional benefit from it.
- **Stress Management** - Our daily lives are ridden with stress which needs to be controlled, or else we will fall prey to chronic ailments like diabetes, hypertension, fatty liver, anxiety etc.
- **Aging with dignity** - To help ease the body into the aging process & add years to life+life to years.
- **Functionality** - Mobility & correct form in exercise is of utmost importance to a strong body. If we don't educate ourselves about this, we are at higher risk for Injuries.
- **Mental Health** - is often ignored while we are on a fitness journey. We need to learn the importance of a healthy mind & the factors that prevent us from having one.
- **Fat accumulation** is linked with heart disease & chronic ailments. Learn the science behind this & methods to bring body fat down to a desired level.
- **Sleep management** - Sleep is an integral part of health that is never given its due. Let's make ourselves aware of how we are sleeping, where we are lacking & what we can do to sleep better.
- **Sustainable lifestyle changes**, that can be easily implemented & carried along into our later years.

HOW?

- **Comprehensive assessments**, including evaluations of joint range of motion, muscle strength and mass, body age, blood pressure monitoring, and oxygen saturation.
- **Patient Orientation** : Educating the patient about their health grievances & discussing the future Plan of Action.
- **Treatments** : May include interventions to improve joint mobility and muscle strength. such as digitally aided nerve stimulation & lymphatic
- **Personalized exercise programs and guidance** : Emphasis on the importance of proper exercises & techniques.
- **Mobility & Movement** : constant reinforcement & repetitions of exercise, done in the correct way, so as to help prevent future injuries.
- Nutritional advice and vitamin supplementation.

BENEFITS

- 1) LOWERING INJURY RISKS
- 2) BIOLOGICAL AGE REDUCTION

Biological age is different from the actual chronological age of an individual. Biological age indicates the condition that one's body shows and most often, is higher than the chronological age due to the wear & tear that our systems undergo. A decrease in your biological age can leave you feeling more youthful and energized.

- 3) *MUSCLE STRENGTHENING*
- 4) JOINT HEALTH

Improvement in the smooth functioning of joints, especially those in the hips, knees & ankles, thereby reducing pain.

- 5) BODY FAT PERCENTAGE DECREASE

Fat is stored as

- Essential body fat (necessary to maintain life and healthy body functions)
- Storage body fat.(accumulated around internal organs).

In this program we are successful in reducing the Storage body fat percentage greatly.

- 6) WEIGHT MANAGEMENT

- Manage your overall body weight to increase where necessary or decrease if the person is overweight.
- Relieving pressure on the hips, knees, and ankles.
- Prevent osteoarthritis, plantar fasciitis, and heel spurs.

- 7) POSTURE IMPROVEMENT

- Correcting and enhancing posture,
- Strengthening core muscles.
- Fortifying the lower back
- Reducing/Preventing back pain.



- 8) HEART HEALTH ENHANCEMENT

This program plays a crucial role in reducing artery-clogging fat, thereby promoting cardiovascular health.

- 9) IMPROVED SLEEP QUALITY

- Alleviates sleep disorders like snoring and sleep apnea
- Better sleep quality
- Overall well-being

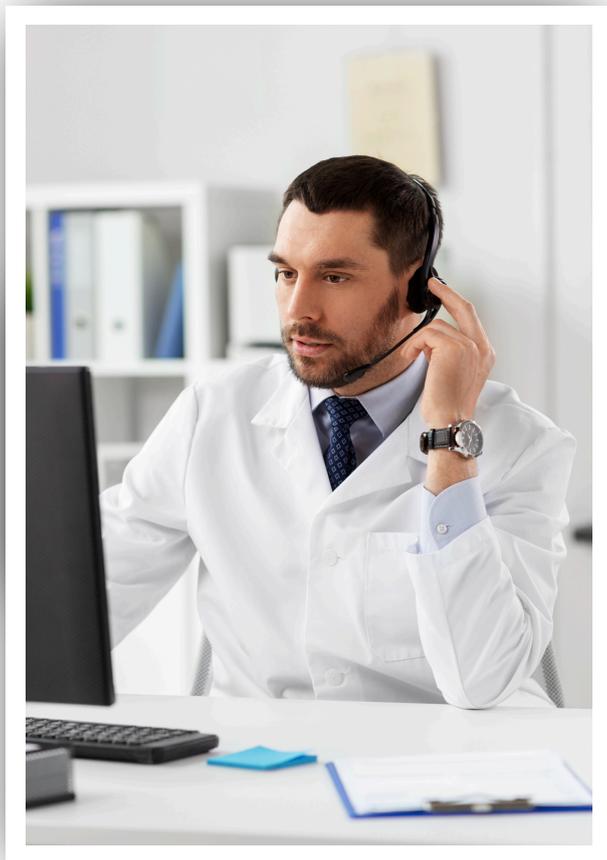
- 10) *MANAGEMENT OF HEALTH CONDITIONS*

This program can assist in managing

- High blood pressure,
- Cholesterol levels
- Diabetes
- Anxiety, hypertension, depression etc.

OUR NETWORK

4 Branches



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REACH US

WE'RE ALWAYS HERE TO HELP

For further inquiries or appointments, please don't hesitate to reach us at

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