

ADDING YEARS TO LIFE | ADDING LIFE TO YEARS



AGE WELL

Ageing is not lost Youth, but a new stage of Opportunity & Strength

+65 62588707 +65 81390503

www.hallmarkphysio.com | www.hallmarkwellbeing.com

admin@hallmarkphysio.com

320 Thomson Rd, Singapore 307663

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.

GOAL

- ✓ LIVE LONG, LIVE HEALTHY
- ✓ Rejuvenation of the body and mind
- ✓ Ageing with Dignity
- ✓ Holistic Rehaul to the body

WHY

Ageing Is a natural part of the human physiological journey. Then why do we feel scared and anxious at the mention of the word AGE?

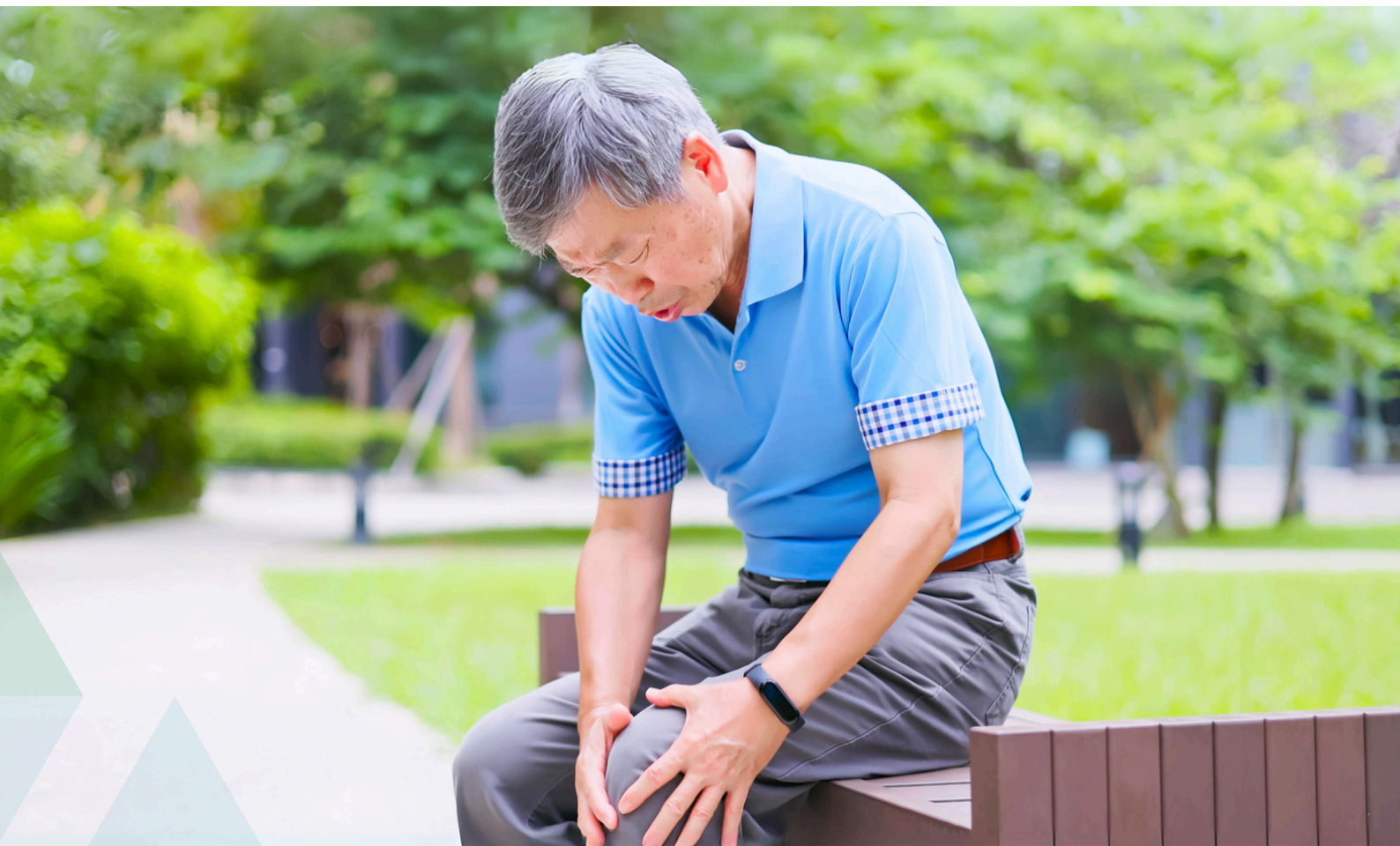
Our bodies undergo changes:

- ✓ Muscles weaken.
- ✓ Joints stiffen.
- ✓ Lung capacity decreases
- ✓ Difficulties with everyday tasks such as walking, climbing, and rising from low surfaces.
- ✓ Heightened risk of diabetes, hypertension, etc.
- ✓ Decrease in mental well-being- stress, depression, dementia, Alzheimer's, anxiety, and sleep disorders.

WHAT

Our Age Well Program focuses on:

- ✓ Enhancing muscle strength and mass.
- ✓ Alleviating joint stiffness and pain.
- ✓ Optimizing lung function.
- ✓ Managing hypertension, diabetes, and cholesterol levels.
- ✓ Promoting Mental well-being
- ✓ Betterment of Sleep Quality





WHO

Recommended for – Individuals over the age of 50.

Highly Recommended for – Individuals over the age of 65



HOW

The program entails:

- **Comprehensive assessments**, including evaluations of joint range of motion, muscle strength and mass, body age, blood pressure, and oxygen saturation.
- **Treatments** may include interventions to improve joint mobility and muscle strength, such as digitally aided nerve stimulation.
- **Personalized exercise programs and guidance.** Emphasis on the importance of proper exercises & techniques.
- **Nutritional advice** and vitamin supplementation

BENEFITS

- **BIOLOGICAL AGE REDUCTION.**
- **MUSCLE STRENGTHENING**
- **JOINT HEALTH** Smooth functioning of joints, in the hips, knees, ankles, etc, to reduce the chances of osteoarthritis.
- **POSTURE IMPROVEMENT**
- **JOINT MOBILITY MANAGEMENT OF CHRONIC HEALTH CONDITIONS** - diabetes, hypertension, etc.
- **MANAGEMENT OF MENTAL HEALTH ISSUES** like anxiety, depression, Alzheimer's, dementia, etc.
- **BODY FAT PERCENTAGE DECREASE**
- **PAIN MANAGEMENT**
- **HEART HEALTH ENHANCEMENT**
- **IMPROVED SLEEP QUALITY** Eliminating conditions like snoring and sleep apnea



GOOD NEWS

WHILE WE CAN'T STOP THE AGEING PROCESS,

WE CAN HELP YOU AGE WELL & LIVE A LONGER AND HEALTHIER LIFE

OUR NETWORK


4 Branches




REACH US

WE'RE ALWAYS HERE TO HELP

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


 Call At : +65 62588707


 WhatsApp At: +65 81390503

 Instagram : [hallmarkphysiotherapysg](#)

 Facebook : [Hallmark Physiotherapy](#)

 LinkedIn : [Hallmark Physiotherapy](#)

 Mail At : admin@hallmarkphysio.com

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