

GEN-FIT



“
**REIMAGINING CHILDHOOD HEALTH:
JOIN THE MOVEMENT WITH OUR CHILD
DEVELOPMENT PROGRAM FOR A
BRIGHTER TOMORROW**

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WHY



WE LIVE IN A DIGITAL ERA WHERE KIDS (SOME AS YOUNG AS A FEW MONTHS OLD) ARE EXPOSED TO THE COLORFUL WORLD OF SCREENS, PHONES, ELECTRONIC GADGETS & THE LIKE. THEY ARE BOMBARDED WITH SUCH STIMULATION 24/7. THE ADDICTIONS AND CRAZE START YOUNG AND PROBLEMS THAT WE HAVE SELDOM SEEN BEFORE, ARE COMMONPLACE TODAY. WE ARE TALKING ABOUT MENTAL AS WELL AS PHYSICAL PROBLEMS WITH THIS GENERATION. FURTHER HEIGHTENING THE SITUATION ARE INCORRECT LIFESTYLE CHOICES LIKE LACK OF OUTDOOR STIMULATION & PLAY, ABSENCE OF EXTRACURRICULAR ACTIVITIES DUE TO FINANCIAL STRESS OR SOLELY ACADEMIC FOCUS, INCORRECT EATING HABITS, POOR SLEEP HYGIENE ETC WHICH HAMPERS NORMAL DEVELOPMENT IN CHILDREN TODAY.

COMMON PROBLEMS

PHYSICAL

- INCORRECT POSTURE DUE TO SCOLIOSIS/BENT SPINE
- FLAT FOOT / PRONATED FOOT
- BUNIONS
- CONSTANT FATIGUE
- INABILITY TO STAND FOR SHORT PERIODS.
- DIABETES
- PHYSICAL GROWTH & BODY DEVELOPMENT
- HYPERTENSION

MENTAL/EMOTIONAL

- STRESS
- ANXIETY
- DEPRESSION
- HORMONAL IMBALANCES
- ADHD
- AUTISM AND AUTISM SPECTRUM DISORDERS (ASD)



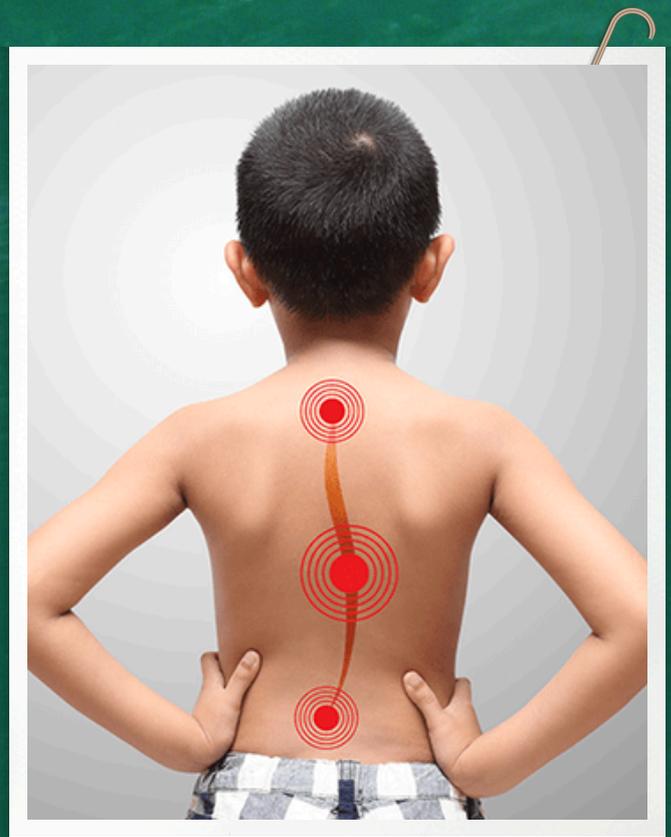
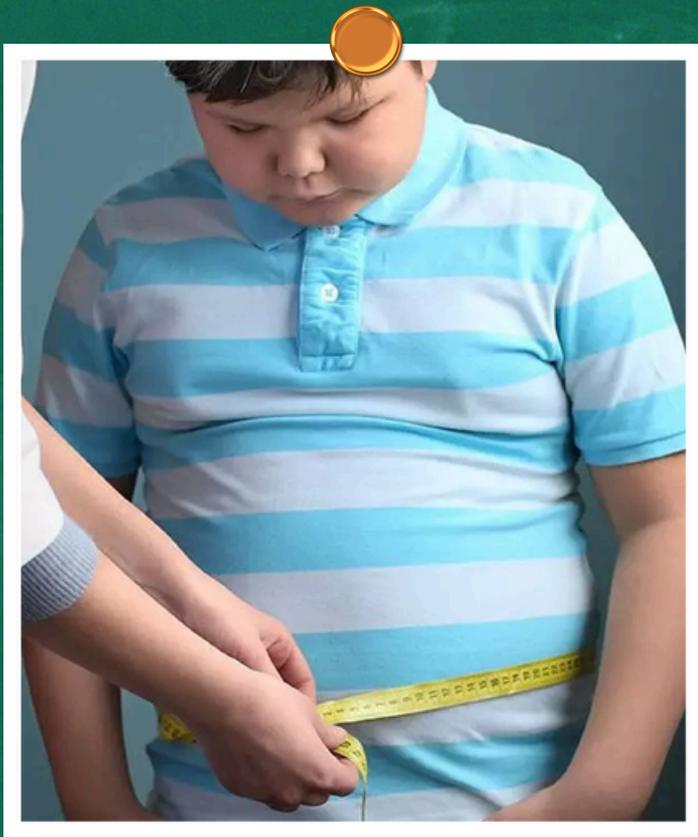
HOW CAN WE OVERCOME THESE CHILDHOOD GRIEVANCES?

HALLMARK PHYSIOTHERAPY & WELLBEING FOCUSES ON AN OVERALL & HOLISTIC HEALING OF ONESELF. WE BELIEVE IN GUIDING EVERY PERSON, YOUNG OR OLD, ONTO THE RIGHT TRACK TO HEALTH.

- ASSESS THE ROOT CAUSE OF THE PROBLEM, TO ENSURE THE RIGHT PATH TO TREATMENT.
- EDUCATE OUR CHILDREN ON HOW TO LIVE A HEALTHIER AND MORE FULFILLING LIFE, SO THAT THEY ARE EQUIPPED TO MAKE THE RIGHT CHOICES.

GOAL

- TO BRING THE CHILD UP TO A BASELINE LEVEL OF PHYSICAL & MENTAL FITNESS.
- TO START YOUNG AND BUILD A STRONG FOUNDATION FOR FITNESS AND HEALTH.
- TO PROMOTE HEALTHY HABITS & PHYSICAL ACTIVITY,
- TO ENSURE THE OVERALL WELL-BEING OF YOUNG INDIVIDUALS.



WHAT

1. FULL BODY ASSESSMENT
2. IDENTIFICATION OF PROBLEM AREAS
3. PARENT ORIENTATION TO EXPLAIN THE FUTURE COURSE OF ACTION & TREATMENT METHODOLOGIES.
4. ONE-ON-ONE SESSIONS TO FURTHER HEALING.
5. ONCE THE CHILD HAS BEEN BROUGHT TO A BASE LEVEL & THE SPECIFIC ISSUES HAVE BEEN OVERCOME, WE SUGGEST GROUP SESSIONS.
6. SMALL GROUP SIZES - WE USUALLY TAKE A MAXIMUM OF 3 CHILDREN OF SIMILAR AGE/ABILITY PER SESSION.

GROUP CLASS FORMAT -

AGE-APPROPRIATE ACTIVITIES:

AGE 6 - 11

FOCUS ON:

- JOINT MOBILITY
- MUSCLE STRENGTHENING
- POSTURE CORRECTION
- GAIT CORRECTION
- RELAXATION & BREATHING



AGE 12 - 16

FOCUS ON:

- JOINT MOBILITY
- MUSCLE STRENGTHENING
- POSTURE CORRECTION
- GAIT CORRECTION
- RELAXATION & BREATHING TECHNIQUES
- CORRECT FORM OF EXERCISES WITH APPROPRIATE WARM UP & COOL DOWN ROUTINES.
- THEORY SESSIONS TO UNDERSTAND THE SCIENCE BEHIND THE HUMAN BODY & MUSCULOSKELETAL SYSTEM.
- MEASURES TO PREVENT SPORTS INJURIES.
- THEORY ASPECTS TO FITNESS & GOOD HEALTH.
- FORMAL PARTICIPANT ASSESSMENT- INCLUDES A WRITTEN & PRACTICAL TEST AT THE END OF THE TERM, AS A REINFORCEMENT TO MEASURE THEIR EXTENT OF THEIR INDIVIDUAL UNDERSTANDING OF THIS PROGRAM, THE IMPORTANCE OF FITNESS & HOW TO ACHIEVE THIS..
- FUTURE ACTION PLANS - WE STRIVE TO MAKE CHILDREN ACCOUNTABLE FOR THEIR HEALTHY SELVES. WE GUIDE THEM ON HOW TO MAINTAIN FITNESS CALENDARS AND CHECKLISTS TO KEEP TRACK OF THEIR ACTIVITIES, AS WELL AS SETTING GOALS & REASSESSING THEM EVERY 3 MONTHS.

BENEFITS

1. INCREASED MUSCLE MASS & TONE
2. CORRECTED POSTURE
3. IMPROVED GROSS MOTOR SKILLS.
4. IMPROVED FUNCTIONAL MOBILITY.
5. BETTER BALANCE & COORDINATION
6. BETTER GAIT, STYLE OF WALKING & RUNNING.
7. HIGHER ENERGY LEVELS
8. ELEVATED MOOD
9. INCREASED FOCUS
10. LESS SUSCEPTIBLE TO INJURIES
11. AWARENESS OF GOOD HEALTH & LIFESTYLE CHOICES.



BODY POSTURE



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

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