body rehab gym brochure

Inside sections:

**The Real Cause of Your Pain**

Most muscle and joint pain is the result of deactivated muscles losing their ability to perform their designed functions. To compensate for the weakness, the remaining stronger muscles of the body take on additional roles they were not meant to play. This gradual process leads to tension in your overworked muscles, the misalignment of your body, and accelerated wear and tear of your joints. *Fortunately, this process is reversible.*

**How Our Approach Works**

We believe that everything in the body is interconnected, with seemingly unrelated problems in one area influencing other areas. That’s why regardless of where you experience symptoms, whether it’s in your knee or low back, it’s our philosophy o exercise the body as one whole system rather than as independent parts.

Certified Instructors lead small group exercise classes designed by physical therapists. By specifically targeting and exercising the deactivated muscles, body rehab gym helps you reduce compensation, restore the alignment of your body, and eliminate pain. You get the same exercise instruction you’d receive in physical therapy but at a fraction of the cost.

**Our Mission Statement**

To share the therapeutic benefits of exercise and help people move better with less pain.

Inner flap

**What Does Your Posture Say About You?**

The easiest way to identify muscle compensation is to look for misalignments in your body. Place your hands on your waist line. Is one hip higher than the other? Does one foot turn out more? Is one shoulder higher than the other?

If you answered YES to any of these questions, your pain is likely the result of muscle compensation and can benefit from the body rehab method!

(Note: include the photo of the woman looking at herself in the mirror)

Back page

A coupon for “FREE Introductory Class”.

To learn more about how to restore balance in your body, and for a FREE posture assessment, sign up for our FREE Introductory Class.

Reserve your space online at [www.bodyrehabgym.com](http://www.bodyrehabgym.com)

Front page

Title: “Exercise pain away and move easier”