



Sheddon Physiotherapy and Sports Clinic

PRIME TIME FIT

How do you feel?

Aging and exercise—scientific facts and common myths

The good news for you: it is never too late to get fit

How exercise benefits you if you are 45 years old or over

What should you do?

Prime Time Fit program—how it works

Prime Time Fit program—better than joining a gym

Prime Time Fit program—very economical

Prime Time Fit program—how to join

Prime Time Fit program—benefits for you

What it does for you

It will help you determine the best way for you to look after your body with a reasonable investment of your time.

How it will benefit you

You will improve your overall physical well being, including your strength, stamina, flexibility and cardiovascular condition with the following added benefits:

- University certified Therapists.
- Personalized program.
- No long-term financial commitment.
- Very economical.
- Exercise in your own home with our guidance.

What it is

The Sheddon Physiotherapy and Sports Clinic conceptualized, researched and designed the Prime Time Fit program to help people who are 45 years old or older to maintain their physical prime for as long as possible through simple, convenient and effective exercises. The Sheddon Physiotherapy and Sports Clinic is the only clinic in Southwestern Ontario that offers this kind of program.

Specifically, a specialized therapist will work with you to review your medical history, any past injuries, and your physical goals in order to develop a program to improve not only your physical strength, flexibility and functionality, but also to prevent future injuries and to help you maximize the life you lead. This highly qualified therapist understands injury and its prevention and will develop a personalized exercise program for you to do at home or in a gym, whichever you prefer.

How it works

It has been structured around only seven visits to our clinic.

How you can join

Simply contact Sheddon Physiotherapy and Sports Clinic at 905-849-4576 and ask the receptionist to book you for your initial assessment and program development. We are confident that you will like the program and benefit extensively from it and that that you will consider the decision to join the program one of the best health decisions that you have ever made in your life.

