

PUSH_health & wellness




An educational introductory 3 month program providing education, nutrition, massage & training.

PUSH

[THE RIGHT BUTTON]

PUSH_Training Systems



The unique **PUSH_Health & Wellness** programs provide you with the most effective long term medicine, for treatment and prevention of many diseases and illnesses. It is conducted by fully trained and certified physical therapists and exercise physiologists. Talk to us about Gold, Silver and Bronze options, or one of the many other programs available to suit other illnesses.

PUSH_Health & Wellness includes:

DIABETES

Our diabetes program will provide you with a safe and effective workout, whilst educating you on nutrition to prevent and treat diabetes. Our qualified, Workcover accredited, rehabilitation specialists have designed a specific program to improve a diabetic's quality of life.

HYPERTENSION

High blood pressure? Exercise is proven to prevent and treat high blood pressure. Our **PUSH_Training Team** has specifically designed a program to aid in improving our hypertensive client's quality of life.

ARTHRITIS

Arthritis clients can improve their quality of life with a functional **PUSH_Program**. Our team understands the problems associated with arthritis and also what exercises will be most effective for our clients to 'Live Their Best Life'.

LOWER BACK PAIN

A fully trained back care instructor will help educate and train you on how to stretch and strengthen supporting muscles to prevent and manage back pain.

PUSH_THE RIGHT BUTTON and
"Live Your Best Life"