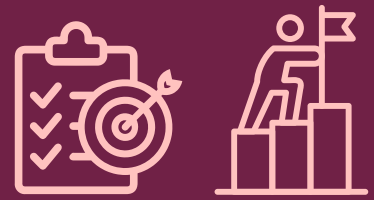


SUMMER NEWSLETTER

19th Feb 2023

SYDNEY WOMEN'S PHYSIOTHERAPY/
PELVIC CONNECTIONS



WELCOME TO 2023!

AT SYDNEY WOMEN'S PHYSIOTHERAPY, WE ARE EXCITED TO BRING IN THE NEW YEAR AND SUPPORT OUR PATIENTS WITH THEIR 2023 GOALS! OUR TEAM THOUGHT THAT IT WOULD BE HELPFUL TO SHARE SOME OF THEIR GOALS THAT THEY ARE ASPIRING TO ACHIEVE THIS YEAR TO HELP CHEER ONE ANOTHER ALONG!

TRISHA

- Work on her sleep so she can join the 6am club
- Plan trips with her elderly parents both local and hopefully 1 overseas

MARISSA

- Run a half marathon
- Read 30 books
- Finish her Masters in Continence and Pelvic Health Degree

KIERA

- To build and create a garden bed
- Work on her health and fitness - Get back into the gym!

VEE

- Get married and stay married
- Get back into weight training

HANNAH

- Read 15 books
- Run a half marathon in 2 hours 5 minutes
- Complete a sprint marathon

AMANDA

- To have more weekends away with her family
- Upgrade her alfresco area
- Start exercising more

JENN

- Roller Skate Dance like Morgan Weske
- Have a better sleep routine
- Cull her wardrobe

HAYLEY

- Start learning Italian
- Complete her "Makiing Skincare course"
- Start pilates

CHERRY

- Complete 1st year of Uni studying Bachelor or Physiotherapy
- Improve on self confidence and self love
- Pick up drawing as a hobby again

ALICIA

- Complete my new graduate program (1st year as a registered nurse)
- Continue improving my fitness and overall health and wellbeing and going to the gym
- Being organise and create a balanced lifestyle

WHAT HAS BEEN HAPPENING AT SWP?

Term 1 Exercise Classes 2023

It's time to get back into it! Our exercise classes will commence from the 30th January and end on the 1st April, just before the Easter long weekend. We have many more classes this year, so no excuse to miss out on some exercise and smash your goals 😊

What classes do we offer?

- Strength and Rebuild (Strength, Pilates, Stretch)
- Studio Equipment (Clinical Studio Pilates)
- Unwind and Restore (Therapeutic Yoga)
- Over 50s (Strength, Pilates, Stretch)
- Mums and Bubs (Strength, Pilates, Stretch)
- Prenatal Exercise (Strength, Pilates, Stretch)



Have you always wanted a pair of Archies?

Well you're in luck... We recently received a huge Archies order just for you. If you are unsure what size you are or can't decide what colour looks best on you, feel free to talk us. We are always happy to help!

What are the benefits of Archies?

- Thongs with up to 2.2cm of orthotic support.
- Improves postural alignment.
- Made from Specialised Closed Cell Foam, allowing them to mould to the shape of your foot.
- Tighter straps so you do not have to grip with your toes, preventing overuse of muscles and tendons in the feet.
- Cradles and supports your arches.
- Elevated heel to reduce stress on the calf and Achilles tendon.



Move Active Socks for sale in clinic!

Our Move Active Socks are available for sale for \$18 (RRP). We have a variety of fun colours and prints, as well as black for those who like a simple option!

Why do you need Pilate socks for classes?

- They are non-slip socks.
- Pilates socks have rubber on the bottom to help keep your feet in place.
- Prevents slipping and sliding when on the mat.
- Provides extra grip when using Pilates equipment and when performing exercises.
- They are requirement to participate in Studio Equipment classes for safety reasons



ARE YOU INTERESTED IN JOINING ONE OF YOUR CLASSES?

Please look up our website for our class timetable. We have many classes on offer from Strengthen and Rebuild, Unwind and Restore, Prenatal, Mums and Bubs and Studio Equipment classes.

If you are new to our clinic please book in for an Initial Group Exercise Assessment with one of our friendly physiotherapists today,

REFER A FRIEND FOR \$10 OFF!

Have you heard? If you refer a friend to Sydney Women's Physiotherapy you will receive \$10 off your next appointment, class or product! We have had patients who have referred 3 of their friends and received \$30 off their appointment fee.

We are so grateful that you love our service and have referred your friends and families to our clinic, and we hope this small gesture shows our **APPRECIATION** to you, therefore we say **THANK YOU!**

Tell you families and friends to call us on 02 8883 5360 to book and appointment. Don't forget to tell them that they were referred by you!

