



Welcome to the HealthPT newsletter. The objective of this newsletter is to provide health and fitness tips along with current research to help you in your training & achieving your goals.

This newsletter is a little late due to the arrival our first beautiful child Patrick.

This month we will focus on:

- [Is your posture affecting your health?](#)
- [Promotions](#)
- [Outdoor Group Boxing](#)
- [Gift Vouchers](#)

Is your posture affecting your health?

Most of us as kids were told to “stand up straight” by our parents or teachers. You may wonder what posture has to do with our health. Other than the overall negative impact on your appearance and stature, posture abnormalities play a role in your overall health.

Good posture keeps your body aligned and muscles balanced and allows your body to run efficiently. Poor posture places abnormal stress on your body’s organs and breathing, circulation is hampered and muscles cannot pump fluids effectively around the body.

If your posture is good you should be able to draw a straight line from your ankle through your knees, hips, the point of your shoulder to your ear. If your posture is poor you will see an increased or decreased curvature of the spine, your belly will protrude and your head will poke forward of the straight line – the picture below clearly shows the difference between good & poor posture.



Poor posture and muscle imbalance are the result of overuse and misuse. When we are exposed to stress either by direct holding patterns such as office ergonomics, bad training techniques or emotional stress the muscles at the front of the body become overused (tight) and the muscles at the back of the body are underused.

To rectify this your exercise program should consist of stretching the tight muscles and strengthening the weak. Good posture enables your muscles to act optimally, whether you are an athlete or weekend warrior.

Whether your goal is weight loss, strength or sport specific you will get there a lot quicker if you improve your posture.

Contact me for your complimentary posture assessment.

Is it time to review your program?

For those of you that I have set a program for & are training on your own, remember that after 4-6 weeks your body will adapt to the exercises therefore programs need to be constantly updated so you can progress & gain the results you are looking for.

So if you are due for a program refresh or you need some motivation to get back into your program routine, call or email me now to arrange a time.

Promotions

1:1 Boxing Session

Boxing is a high intensity full body workout that will increase your calorie expenditure and increase your overall fitness. Boxing also increases your self confidence, speed, coordination and core strength.

Come along for a 1:1 boxing session for only \$40 for half an hour (normally \$50)

Outdoor Group Boxing

- Weekly class held every Wednesday morning @ 6.30am - \$20 per person per session.
- Women's group boxing on Fridays at 10 am, bring a friend and train for \$10 each for the first two sessions.

Give me a call if you would like to join us.

Gift Vouchers

Personal Training gift vouchers are the perfect gift for the individual or couples all year around. Great for birthdays, morale for employees or a way to say thanks to someone – give the gift of good health & wellbeing. HealthPT can supply gift vouchers for any amount – either a 1 off program session or a series of training sessions. Just give me a call or [email](mailto:matt@healthpt.com.au) to discuss the options you have in mind as we can tailor a package to suit.

Regards,

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