

## How to get started?

1. Call to book your FREE Phone Consult.
2. Book a FREE Pre Clinical Exercise Screen to make sure Move4Life is right for you.
3. Book an Initial Move4Life Consult.
4. Get started!



**Call now**  
**9622 5335**

*Move Well  
Live Well  
Feel Great!*

**INBALANCE**  
PHYSIOTHERAPY • FITNESS

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# Move4Life

*Clinical Group Exercise  
Restore, Rebuild, Retain*



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## What is Move4Life?

- A Clinical Group Exercise program tailored to suit individual needs.
- Aims to bridge the gap between injury, illness and traditional fitness classes.
- Evidence based exercise including Pilates, Strength and Natural Movement principles.
- Each group will have a specific focus on breath, mobility, stability, strength and movement whilst making it functional.

## Benefits

- Safer
- Individualised
- Therapeutic
- Close supervision
- Better outcomes
- Social
- Private Health Insurance (PHI) Rebateable

## Who is it suitable for?

- People looking for:
  - Safe place to exercise
  - Accountability
  - Sense of belonging
  - Individualised approach
  - Hands on instructor cueing
  - Small exclusive groups
- Post injury or illness
- Pre and Post natal
- All ages 16 and above



## Key Points

- Members only.
- Members must meet certain criteria to join.
- All members must have an Assessment before commencing.
- 6 monthly Re-Assessments required.
- PHI rebates apply to physio run classes only.
- Full membership payments are direct debit only, through a third party and billing fees apply.
- FREE 24/7 Gym Membership for Full Members.