

Reable, Rehabilitate, and Perform



SCAN Me

with The Physio Spot & HealthFit Collective

@ Five Rivers Medical

Are you wanting to see a physiotherapist and get moving? The Physio Spot and HealthFit Collective Greytown have designed three programmes to help you reach your goals and maximise your function in a safe and supportive environment.

Under these pathways, you will be assessed initially by a Physio Spot physiotherapist. Then, in consultation with a HealthFit Coach, they will design you a custom programme. These programmes offer a three-month membership at a 25% discount. This membership also includes access to all HealthFit Collective classes. Regular gym memberships are available by contacting HealthFit Collective directly.

Call the Physio Spot: 06 304 9443

Call Healthfit Collective: 04 979 9056



1. Reable

Reable is for anyone who has experienced periods away from exercise following a severe injury*, a medical disease/event**, or degenerative or inflammatory condition***. It is also suitable for anyone who wants to improve their health, wellbeing, and quality of life. When starting a programme through our gym, you can have confidence that these factors have been considered and safely and effectively included in your plan.

**fractures, accidents, falls, concussions, mild to moderate head injuries, etc.*

***cardiovascular disease, stroke, heart attack, diabetes, etc.*

****osteoarthritis, rheumatoid arthritis, etc.*

2. Rehabilitate

Rehabilitate is perfect if you have had more recent medical events, injuries, or surgery. This programme aims to maximise your rehabilitation and get you back to movement safely and effectively.

3. Perform

Perform is designed for those already functioning well but who would like to perform better and can be customised to suit a range of performance levels. This programme is suitable for the weekend warrior who wants to see out a whole game, through to the local, national, or international athlete who wants to perform at their peak.



Pricing

The reable, rehabilitate and perform programmes run under a special 3-month membership, and include a 25% discount. These programs also include;

- FREE 30-minute consultation with one of the **HealthFit** trainers where you can discuss your needs and have an introduction to the facility and equipment.
- FREE access to ANY group classes at **HealthFit** Greytown in Five Rivers Medical.

Optional add-ons available for purchase;

- Personal Trainer 1:1 Initial Appointment - a 45-minute assessment that will give you an initial starter programme
- Personal Trainer 1:1 Follow Up Appointment - a 45-minute follow-up that reviews your exercises and progress and a comprehensive programme.

Some more complex rehabilitation needs may also require a Movement Assessment Screen from a **HealthFit** Coach.

Click [here](#) for further details on our current pricing. For any questions about gym pricing and membership options, contact **HealthFit Collective**.

Your appointments with **The Physio Spot** for these programmes will fall under the following appointment types;

- Initial Appointment: 40-minute assessment
- Follow Up Appointment: 20-minute assessment

The Physio Spot offers discounts for Students and Community Services Card holders, and funding options for specific groups and services. For a list of current prices, click [here](#), and contact **The Physio Spot** with any questions.

