

# Second Home Fitness - Health and Fitness Topics

## Examples of Workshops

### Strengthen and Stretch/Exercise/

Full body Stretch Routine  
Functional Exercises for your Spine  
Healthy Wrists and Ankles  
Abs and Glutes  
Strong and Stable Hips  
Strengthen and Stretch Shoulders  
Strong, Healthy Back  
Functional Training for you Core

### Sport/Activity Specific

Stretching for Runners  
Strengthen Training for Runners  
Healthy Swim Shoulder  
Alternative cardio for Athletes  
Snow Safety - Walking and Lifting Techniques  
Gardening – Bending and Lifting Techniques

### Injury/Pain Management

Happy Feet  
Hydrotherapy to Reduce Inflammation  
Prevention and Rehabilitation of Sciatica  
Prevention and Rehabilitation of Plantar Fasciitis

### Functional Training

Improving Balance and Symmetry  
Improving Your Posture Through Exercise  
Better Balance through your Core  
Functional Movement Training

### Independent Training

Building your own program  
Periodization  
Components of Fitness  
Fitness in any environment  
Breaking Barriers to Fitness  
Motivational Strategies  
Realistic Goal Setting



## Workshops Continued...

### Anatomy

What is a Rotator-Cuff

Anatomy 101

Anatomy and Movement

### Special Focus Groups

Post-Stroke Exercise Routine

Improving Posture at Work

Exercises to combat Scoliosis

Joint Replacement Prep and Recover

### Special Equipment

Resistance Bands

BOSU

Foam rollers

Fascia Balls

## Examples of Physical Training Opportunities

Triathlon Training and Program Development

Running Programs

Swimming Techniques/Performance

Technical Cycling

Body Weight Program

Circuit Training

Preparation for joint Replacement

Recovery from joint replacement

Assisting Stoke Survivors

Strengthen and Stretch for Specific Sport

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