



## **RISE Fitness Healthonomics Talk/ Seminar Series**

### *Ergonomicals* - **THE 'OFFICE ADVERSARY' (1hr):**

What is it in your office space that is causing you pains in common areas such as your neck, shoulder, wrists, elbows, lower back, etc...?

Find out in this seminar the causations and preventions of such lingering pains and how to alleviate such pains with simple self-help remedies that can be performed easily anywhere, anytime.

### *Exercisonomics* - **THE KNACK TO EXERCISE EFFICACY (1hr):**

Been Puzzled how to put in less time to exercise while having BIG gains?

Find out in this seminar how to achieve those fast results naturally with our simple fitness strategies that can be performed at one's convenience.

### *Injuronomics* – **SPORTS REHAB & INJURY PREVENTION (1 hr):**

Injuries incurred through sports or activities of daily life (ADL) are something that can be prevented and avoided with proper care.

Find out in this talk, how most injuries are incurred by mild displacement of tendons, myofascial and musculoskeletal structures through a combination of factors inter-related in one's life.

Learn various prevention techniques to these symptomatic conditions and also find out how they can be resolved using *natural* and *non-invasive* treatment techniques.

### *Ergonomicals* - **ARE YOUR DAILY MOVEMENTS CAUSING YOU PAIN? (1hr):**

Ever wondered if your posture is the main culprit for causing you unwanted pain?

Through this seminar, understand and learn what are the proper standing, walking and sitting postures to prevent increasing probability of injuries to spine and joints that is incurred 'silently' on a daily basis.

### *Wellonomics* - **BACK PAIN PREVENTION (1hr):**

Why is the back pain persistent and lingering regardless?

Find out the epiphanies of to-dos and not-to-dos paired with simple exercises one can do at their office desk to strengthen the muscles supporting the spine and vertebrae to support daily functional movement (like squats and carrying heavy loads) without the ease of hurting it.

### *Wellonomics* - **THE REMEDY (1hr):**

Wonder how to self-remedy a common pain?

Learn within the hour how to identify pressure spots/meridian points and the intrinsic techniques on how to be your very own 'home physio' by applying simple self-help therapies to relieve common pain areas.

**RISE FITNESS PTE LTD**

RCB 201401005H

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*Wellonomics - THE TONE (1hr):*

Hectic work rundowns and back-to-back meetings holding you back from toning up those muscles?

Learn and understand how you can do some toning right at your office desk with simple 'break-time' exercises to keep one's metabolic rate revved up at this seminar.

*Wellonomics – THE ULTIMATE CEO & EXECUTIVE'S EXERCISE PLAN*

Busy schedules holding you back from achieving the tone in your muscles?

Learn within this workshop on how to achieve a taut and svelte body **in just 30mins!**

Take home with you the secrets of exercise efficacy that drives maximum metabolic rate anywhere/anytime!

So come and learn how to build a workout that fits your schedule & suit your needs!

*Trickonomics - THE DISCOVERY (1hr):*

Been on multiple diet experiments and explorations but never succeeded or had minimum results?

Find out from this talk, what were the saboteurs and learn extrinsically what are your innate preferences in Eating and/or Exercise habits to break-through the 'hold-back' cycle - an Emergenetics approach

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