



# GET FIT STAY FIT

In partnership with



[www.harlequin-people.org](http://www.harlequin-people.org)

**ACTIVATE YOUR BODY  
RELEASE YOUR  
POTENTIAL**



## OUR SERVICE PACKAGE

- ◆ Sports Massage Therapy & Pain Relief
- ◆ Injury Recovery & Prevention
- ◆ Deep Tissue Activation
- ◆ Enhanced Movement & Motion
- ◆ Sports Performance Enhancement
- ◆ Strength, Fitness & Endurance
- ◆ Recuperation, Prevention & Circulation
- ◆ Neuro-Muscular Enhancement & Training

## OUR VISION, AIM & MISSION

Providing a care service package & solutions using the latest technologies to maximise sports performance, quality of life & well-being to meet the goals and targets for all our client needs.



Step1

### WE LISTEN TO OUR CLIENTS

- Review the individuals concerns
- Evaluate underlying conditions & history
- Understand the goals, targets & requirements

Step2

### CONSULT SUITABLE SOLUTIONS

- Review all viable options, programmes & costs
- Create a therapy package to support client needs
- Agree & manage the individuals expectations

Step3

### THERAPY WITH CONFIDENCE

- Deliver the therapy to bring results
- Provide care with empathy & continual evaluation
- Client recovery aligned to our ethics & their goals

# CORE TECHNOLOGIES & BENEFITS OF OUR THERAPY

Bringing together performance, injury & rehabilitation therapies & the very latest innovation in Neuro Muscular Electro-Activation technology, we are able to provide a unique experience & fast results.

- **ENHANCED PERFORMANCE & SPEED**
- **ENHANCED ENDURANCE**
- **FASTER RECOVERY & CIRCULATION**
- **IMPROVED CAPABILITY**
- **RECONNECTING YOUR BODY**

Together with the technology, we are able to activate your body to the highest levels, penetrating deeper at a core level, far beyond manual manipulation alone.

Our treatment is relatively pain free, the technology, developed by a leading Neurologist & innovator in Medical Physics, the BioNeuro uses a patented Sigma-Q pulse that replicates the natural neurological pattern generated by the body it feels natural, & results are almost immediate.

## VASCULARITY

Our therapy involves stimulation to activate the muscles thereby improving blood flow, circulation and oxygen most important for growth & recovery.

## MUSCULAR SYSTEM

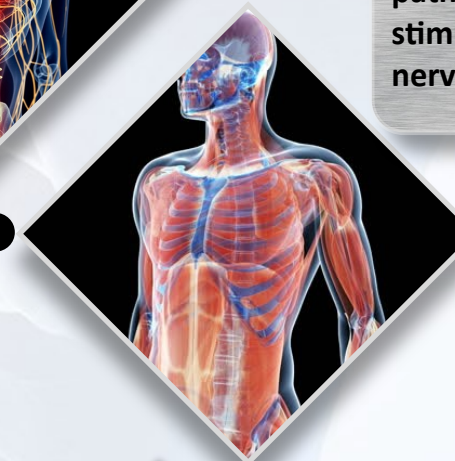
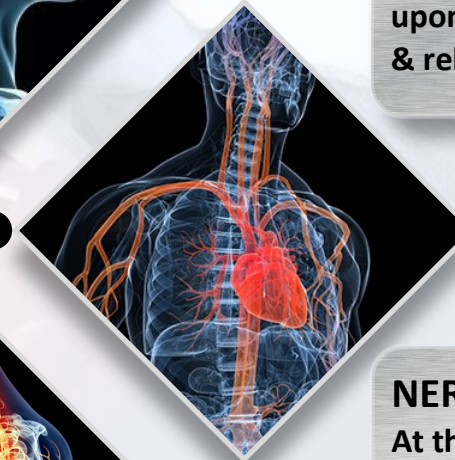
The unique technology of the BioNeuro within our therapy allows micro stimulation of the muscle fibres, tendons and ligaments at controlled intensity from the inside.

## MENTAL WELLBEING

The purpose of our therapy is to support individuals become free of pain, enabling you to concentrate upon productive tasks, sports & relaxation.

## NERVOUS SYSTEM

At the core of our therapy is the BioNeuro technology, rapidly activating the neuro pathways in the body actively stimulating & developing the nervous capability.



**BOOK YOUR CONSULTATION TODAY**  
[www.getfitstayfitnorfolk.co.uk](http://www.getfitstayfitnorfolk.co.uk) or 01603211570

