



CORE STRENGTH

Your core muscles are vital for a strong and healthy body. A strong core improves balance and coordination for sports, and helps in fall prevention as you age. Your core muscles support your spine, take pressure off of your discs, and help to maintain proper posture. This can help treat and prevent neck pain, headaches, back pain, and sciatica.

Our core program focuses on the abdominal muscles, pelvic floor muscles, low back, hip and buttock muscles. We test for strength, weakness, and imbalances, and then design a custom program which includes three levels:

- Level 1- Foundations of core strength
- Level 2 - Intermediate program
- Level 3 - Advanced program



FIT FOR LIFE & CORE STRENGTH



EXERCISE IS MEDICINE

This is the new message from the Canadian and American Medical Associations. Recent research indicates that simple exercise can treat and prevent as many as 42 chronic diseases, and with none of the harmful side effects of drugs.

The problem is that many people are unsure of how to start an exercise program, and are intimidated by the gym. That's where we can help! Our clinic developed the Fit for Life and Core Strength programs to help our community start exercising safely.

HERE'S HOW IT WORKS:

Both programs are run through our physiotherapy department and are professionally supervised exercise programs. Our physiotherapy team will assess your strength and flexibility, and then design a custom program to suit your specific needs and abilities.

Both programs are covered by extended health benefit plans.

FIT FOR LIFE

Interested in a full body strengthening program to keep you fit and healthy as you age? Then this is the program for you! Whether you are recovering from an injury, a weekend warrior, or just want to keep up with your grandkids, our Fit for Life program can help you get the most out of your life.

This program includes fitness testing and custom exercise prescription for the upper body, the lower body, and the core. Our physio team will safely transition you through Level 1, 2, and 3 exercises to improve your strength and endurance in all areas. Our program uses minimal exercise equipment and can be performed very easily at home. It really covers all of the bases!



OUR SERVICES

- Physiotherapy
- Chiropractic
- Massage Therapy
- Acupuncture
- Active Release Therapy (ART)
- Chiropody (Foot Care & Orthotics)
- Naturopathic Medicine
- Shockwave
- Laser
- Ultrasound
- Fit for Life
- Core Strength

*Move Easier.
Be Stronger.
Age Gracefully.*



NEW PATIENTS WELCOME

Services Covered by Health Benefit Plans

Extended Hours:

Monday	8:00am – 7:30pm
Tuesday	9:00am – 7:30pm
Wednesday	8:00am – 7:30pm
Thursday	9:00am – 7:30pm
Friday	8:00am – 7:30pm
Saturday	9:00am – 3:00pm

SERVING VAUGHAN SINCE 1989

	McNaughton Rd	
Keele St	Masters Ave	N
	Major Mackenzie Dr	

10175 Keele Street, Unit 3, Maple
Just North of Major Mackenzie
Ample Free Parking



905-832-8880
www.maplehealthcare.com

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