

Services:

Physical Health Assessment:

A comprehensive evaluation of your health and fitness provides valuable data regarding your overall health status and gives constructive information for designing a safe and effective conditioning program. We follow the guidelines set forth by the **American College of Sports Medicine** and the **National Academy of Sports Medicine** when conducting your assessment. Your safety and the test's validity are vital, so in some cases, you will need to get your physician's approval prior to engaging in the assessment. It includes a thorough analysis of all the relevant physiological parameters listed below:

Health Risk Assessment

Physical Activity Readiness Questionnaire (PAR-Q)

Resting Blood Pressure and Heart Rate

Static Posture Assessment

Joint Range of Motion

Functional Movement Analysis

Body fat Measurement

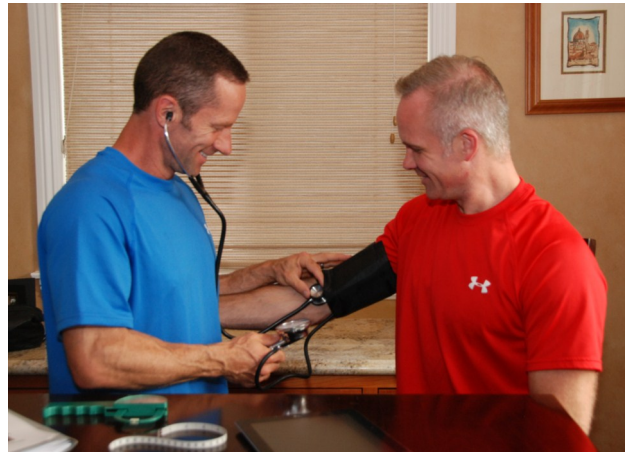
Girth Circumference measurements

BMI calculation

Muscular strength and muscular endurance

Cardiorespiratory (Aerobic) Fitness measurement (VO₂)

Behavioral Modification Assessment



You'll receive a printout of the evaluation results and specific recommendations on how to improve any deficits found. It's recommended that you consult your physician prior to beginning the recommended exercise program.



Photographic and Videographic Analysis:



The use of photography and video allows us to more accurately identify the anatomical dysfunctions that can lead to chronic or acute injuries. Many of the aches and pains that plague individuals are preventable. The imbalances in your body can best be identified and remedied by performing a movement analysis with a camera. A photographic record is made of your posture and specific movement patterns. The images are analyzed and used

to design a truly personalized conditioning program that is appropriate, efficient and effective. In some cases, the photographic record can be sent to your physician where it becomes part of your medical record. Subsequent evaluations are suggested for comparison at later dates. The tool is invaluable and highly recommended.



Individual (one-on-one) Training session:

Your conditioning program typically begins with a private session of exercise that involves implementing the program that has been designed with your specific needs in mind. This program combines elements that work toward your self-identified goals and correcting the musculoskeletal dysfunctions identified in the assessment. You'll receive individual attention that makes the session efficient and productive. Sessions usually last about 45-60 min. One-on-one sessions are very personal and tailored to meet your specific needs. These sessions are ideal for high level athletes as well as people who have little experience with exercise or who have specific physical/medical considerations that require careful attention, such as previous back injuries. Individual sessions also benefit the eager 'student' who wants to learn more about how their body moves and how they respond to exercise. It's been a popular way to train for years and has served clientele effectively.



Semi-Private Training session:



Semi-private sessions involve performing your exercise regimen in the company of 2-3 other individuals, with a maximum of 4 people. You are all supervised with direct interaction by your trainer. You're still given a program that is appropriate for you and get some individual attention, but are simply working out with a couple 'buddies' in an atmosphere that can be very fun. These sessions are attractive because they are more affordable and they include an element of camaraderie and healthy competition. It's really the 'best of both worlds' as you get access to high level personal training and a sense of bonding with workout partners, all at a rate that's very affordable.

They're ideal for people who have some exercise experience and body awareness so that they can perform the exercises in good form with a moderate amount of instruction. Sometimes they involve engaging in a sports training session such as a bicycle ride or they are conducted in a 'Interval Circuit' format and can be as intense or as mild as you want to make them. It's an excellent way to train and is the fastest growing method of training in the United States.



Dietary Analysis and Nutrition:



The food and drinks you consume can literally make or break your success. Analysis of your dietary habits is a critical component to achieving optimal conditioning and health. Scientific studies for decades have shown a strong link between a person's nutritional habits and their level of success in pursuit of those health and sports performance goals. It's highly recommended that all clientele have their diet assessed for quality, quantity and timing of their nutrient intake. It's a component of health that is just as important as the physical activity in your life. No matter your goals, nutrition will be vital to your success.

Some individuals with specific medical conditions will be referred to a Registered Dietician for more comprehensive analysis and dietary recommendations.



Seminars and Lectures:



The Physio-X mission is to educate, empower and empassion people to accept the responsibility for their own health and wellness. Group education is an excellent method of delivering that message in an efficient and fun way. When people receive information as a group, there exists a sense of having shared in an experience that can bring them closer as a team, whether they are co-workers, fellow patients or sports teammates. An open atmosphere of information sharing can greatly enhance the learning experience for all who partake in these sessions. Society is permeated with information about health that's not always accurate, so having an experienced, certified Health professional present valid, relevant information is invaluable.

Education:

- * Corporate and Community Wellness Seminars
- * Health Screenings in Corporate settings:
 - Blood Pressure Screenings
 - Posture Analysis and Ergonomic assessments
 - Health Risk Assessments
 - Flexibility testing
- * Sports Team Strength and Conditioning Technique sessions
- * “In-Service” education presentations for Physical Therapy clinics and Medical office staff.
- * Patient Education (Private or group education, “Back School”, Therapeutic Exercise technique).



Video/Phone Consultation:

Education and empowerment of individuals is an important part of helping people make changes in their life. Often times, questions arise in between sessions with your trainer. Getting answers quickly can keep your progress moving forward. The consultations are a brief and efficient. Sometimes they involve questions about proper exercise form, diet, or something they learned from their physician or read in the media. They may also include performing some exercises utilizing the video to enhance the instructional experience. It's a popular method of conducting sessions due to it's convenience. No driving, no parking, no hassles. Just solutions.

Senior Fitness: (see Testimonials)

As a Registered Clinical Exercise Physiologist, Jay is uniquely qualified to advise seniors about their health. He has worked with geriatric population for over 24 years. That kind of experience is invaluable with seniors. The needs of geriatrics are unique and require a specialized approach to implementing a fitness/wellness program. A careful screening is performed prior to implementing your program and our efforts are always done with your physician's guidance and cooperation. This "team" approach is the optimal way to make a fitness/wellness program safe and effective. Services offered:

Careful supervision

Fall Prevention program

Balance training

Posture/body mechanics training

Appropriate Strength and Flexibility programs

Youth Sports and Coaching: (See testimonials)

Jay has worked with children and young adults for over 20 years. As a father and a health professional he has accepted and embraced the vital role of being a positive influence on the youth of our society. The job of a youth coach and trainer is to teach our children the values that we all admire such as the importance of health, physical activity, sportsmanship, hard work, sacrifice, humility, honesty, team work, individual effort and character. The coach-student relationship can be a cornerstone in the development of a young person, and the gravity of that role is not taken lightly in our interaction with them. Parents are encouraged to be present at the sessions with their children. The information provided and the programs that are implemented should be understood by the parents so that they can then assist with the child's home exercise program. Many parents have said that they learned as much as their child did in the session.



Semi-private sports coaching session

One-on-one coaching sessions

Strength and conditioning sessions

Posture/Body mechanics Analysis

Circuit Interval Training (High Intensity Interval Training, H.I.I.T.):

High Intensity Interval Training has become the most popular mode of training in recent years due to its effectiveness and efficiency in building various components of fitness. It is typically utilized for individuals who already have developed a foundation of conditioning, however, it can be done by novice exercisers if modified to accommodate their level of fitness. Physio-X utilizes the concept of circuits and Intervals in most of the workouts that are implemented with our clients because it is undeniably the most time-efficient way to burn calories, build strength, and develop cardiorespiratory fitness.



Corrective Exercise (Preventative Rehab) and Post Rehab Conditioning:

Perhaps the most unique and important element of the PHYSIO-X approach involves the application of Corrective Exercise techniques to all of our programs. Sometimes referred to as Preventative Rehabilitation or “Pre-hab”, Corrective Exercise is a method of identifying dysfunctions and imbalances in your body and then implementing a strategy to fix or “correct” those imbalances that will eventually cause injury. These methods are woven into your Conditioning program so that you are allowed to pursue your fitness goals while using an injury prevention model to keep your “machine” running pain free. These methods have been proven effective in the professional sports world and have become commonplace among the top athletes in all sports.

Dietary Analysis and Nutrition:

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health that is just as important as the physical activity in your life. No matter your goals, nutrition will be vital to your success. Some individuals with specific medical conditions will be referred to a Registered Dietician for more comprehensive analysis and dietary recommendations.



Sports Performance for Athletes: (See testimonials)

Training for athletic performance requires careful planning and purposeful implementation. The nuances of training for sports performance make it a truly scientific endeavor. The difference between success and failure often lies in the details of program design, quality of training, proper nutrition and the ability to know how to modify your program when obstacles arise. This is where the unbeatable combination of experience and professional credentials become so important when seeking the advice of a coach and trainer. Jay Scully has over 20 years of experience training athletes of all levels and every age group. Among other certifications, he has held the **National Strength and Conditioning Association's** credential of **Certified Strength and Conditioning Specialist (CSCS)** for 19 years. He's a skilled performance coach who specializes in advising and coaching amateur athletes in their 30's, 40's, and 50's who need to train smarter not harder. Jay's training style is especially suited well for the athlete who is past the youthful athletic prime of their late teens and early 20's, but wishes to get the most out of their athletic endeavors of the decades that follow.



Program design (Training for your sports event)

Semi-private sports coaching sessions

One-on-one coaching sessions

Strength and conditioning for Sport

(Golf, Tennis, Running, Cycling, Hiking,
Swimming, Ski/Snowboard, Tough Mudder)

Posture/Body mechanics Analysis

Sports Nutrition and Dietary analysis

Video/Phone Consultation:

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