

WHO WE HELP:

- ATHLETES/PARA-ATHLETES

INDIVIDUALS WITH:

- MOTOR VEHICLE ACCIDENT (MVA) INJURIES
- STROKE
- SPINAL CORD INJURY (SCI)
- BRAIN TRAUMA
- CEREBRAL PALSY
- MUSCULOSKELETAL INJURIES



WE OFFER:

- Client centered approach alongside a Rehabilitation Trainer to develop an exercise program reflective of your personal goals
- Specialized fitness classes
- Massage Therapy
- Superb customer service skills
- Research and professional development
- Community collaboration

FIND YOUR POTENTIAL



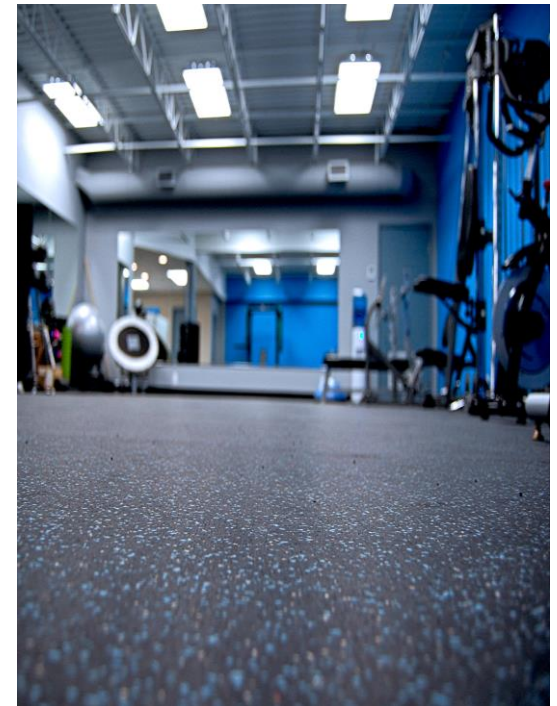
Contact us today to get started!

NEUFIT TRAINING
131 Wharncliffe Road South, Suite 17,
London, ON N6J 2K4
T: 519.434.3881
F: 519.434.3887

www.neuphysio.com



"The perfect place to meet your rehabilitation goals!"



FOR FITNESS,
PERFORMANCE AND LIFE!

Neufit is a fully accessible, elite personal training studio specializing in neurological rehabilitation serving London and Southwestern Ontario. We are the perfect place to establish and progress your rehabilitation goals! The team at Neufit provides client centered, result driven training to people with varying physical needs. Combining an intraprofessional health care team approach to attain goals, Neufit will get you where you want to be!

Kris Oliveria, BCN, CPTN
Personal/Rehabilitation Trainer

Kris is a Trainer with a special interest in neuroscience. He holds an Honour B.A in Behavioral and Cognitive Neuroscience from The University of Western Ontario. He is also a certified Personal Trainer with the CPTN as well as a Post Rehabilitation and Conditioning Specialist. Kris has always had an interest in anatomy and biomechanics. Strength training and nutrition have become a huge part of his life, aiding him to better himself and the lifestyles of others. With the knowledge attained from his schooling and training at Neuphysio Rehabilitation along with his passion for sport, Kris brings experience and knowledge to assist in the development of programs for every client who comes through the Neufit doors.

INJURY PREVENTION

To avoid injury, it is essential that proper form be used in all exercises. Keeping the body in proper alignment while exercising will minimize the chance of injury. At Neufit, we begin with light resistance to develop proper form before progressing a patient's program. When increasing the resistance, it is important to do so in small increments and only when the desired number of repetitions can be performed, while maintaining correct form.



STROKE, BRAIN TRAUMA & SCI

Principles for muscle strengthening do not differ among clients, regardless of their health status. Both affected and unaffected limbs can benefit from strengthening exercises. At Neufit, we recognize that not all clients are the same. We will create a program that is specific to our client's needs. With a fully functional gym, Neufit will achieve the optimal strategies for deploying strengthening exercises to improve functional activities for daily life.



SPORT SPECIFIC TRAINING

Training programs at Neufit are specific to individual athletes and their physiological needs to optimize performance. We use sport specific training models that are guaranteed to take your performance to the next level. No matter your sport, Neufit has a program for you!

Our sport specific programs are designed to:

- Improve power, strength and speed
- Determine proper training zones for optimal performance at race time (i.e. endurance runner)
- Improve coordination, balance and agility



