

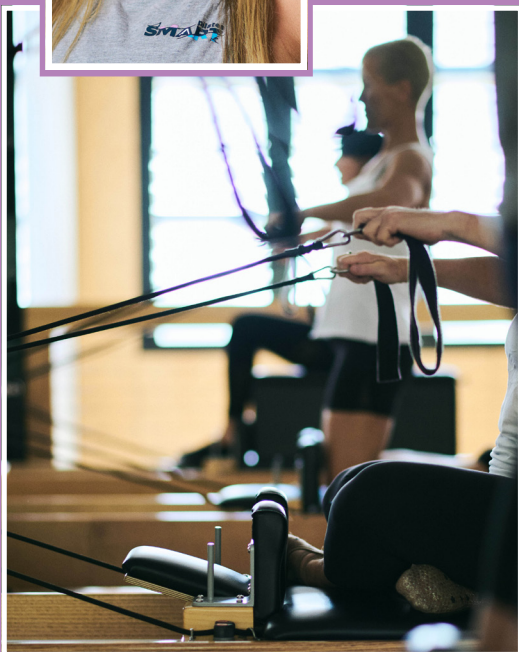


## Belinda Johnson at SMART Pilates

Welcome to the SMART Body Personalised Rehabilitation Program, where you'll access the unmatched expertise of Belinda Johnson, an allied health professional with over two decades of experience in body movement, Pilates, postural structure, and remedial massage.



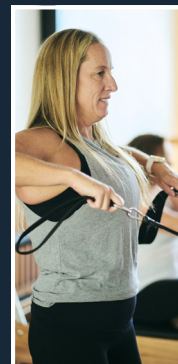
Belinda's extensive career in allied health to wellness coaching enables her to offer and lead a transformative path toward optimal health and mobility tailored specifically to your needs.



Improve posture, balance and body awareness

## Are you seeking a comprehensive solution to address physical impairments, injuries, or deficiencies?

- Our program is designed to address your concerns directly through targeted soft tissue mobilisation therapy.
- We meticulously tailor manual therapy techniques to optimise flexibility and joint mobility, bolstering your confidence in exercise execution.
- Utilising state-of-the-art Pilates equipment, we individualise exercises to augment function, mitigate pain, and enhance overall well-being.
- At the core of our program is our firm dedication to addressing concerns and facilitating your recovery.
- Our comprehensive methodology encompasses a breadth of concerns, ranging from:
  - neck and back pain
  - upper and lower limb discomfort,
  - hip and pelvis conditions,
  - core strength stability, and
  - injury prevention and rehabilitation.



For more info:  
[smartpilates.net.au](http://smartpilates.net.au)

Credit Cards Accepted. HICAPS available where applicable.



Improve posture, balance and body awareness



Achieve pain-free living with our Remedial Rehabilitation Process...

SMART Body



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# A clinically tailored journey to pain-free living with our Remedial Rehabilitation Process.

Our program comprises four stages, each designed to guide you back to optimal health and mobility.

Beginning with assessment and tailored therapy, progressing through advanced rehabilitation, and culminating in small-group and group classes of 45 to 60 minutes duration, each stage is designed to support your journey toward a pain-free life.



## Phase 1 Comprehensive Assessment and Soft Tissue Therapy

Begin with a thorough Physical Assessment to identify areas for improvement. Receive soft tissue manual therapy sessions customised to your needs for healing and relief. Collaborate to determine session frequency for personalised care.

## Phase 2 Advanced Therapy and Rehabilitation

Next, join a 25-minute rehab session using advanced Pilates equipment, tailored for mobility and strength. Benefit from expert guidance and wellness coaching as you progress with personalised exercises.

## Phase 3 Small Group Rehab: Individualised Attention Program

Our goal is to guide you toward joining our rehabilitation group program, Pilates Movement Therapy Classes, where you'll receive expert guidance from qualified instructors in a small- group setting focused on body recovery and rehabilitation.

## Phase 4 Transition to SMART Pilates Group Classes

Transition smoothly into a range of our SMART Pilates group classes. Engage in group exercises at our dedicated studio to enhance your wellness journey. Coordinate sessions with your weekly schedule through our online booking platform.

## Phase 5 Unlock Your Potential with Wellness Coaching

Ready to reach your optimal wellness goals? Start your journey or continue it with tailored guidance from expert Wellness Coach, Belinda Johnson. Choose from flexible session frequencies: weekly, monthly, or bi-monthly, to suit your schedule and needs.

Receive personalised support to enhance your Pilates practice and achieve your wellness goals.

Unlock your body's full potential with targeted coaching under Belinda's expert guidance in holistic wellbeing.

### Invest in your well-being with our SMART Body Personalised Rehabilitation & Wellness Coaching Program.

Under the expert guidance of an allied health specialist and body movement expert, Belinda Johnson, renowned in the field of wellness innovation, take the first step towards a life free from pain by booking your sessions today.

HICAPS approved.

