



Predict | Prevent | Perform

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[www.baimedphysio.com.au](http://www.baimedphysio.com.au)

# YOUTH STRONG PROGRAM

## Did you know?

Young people benefit from strength training too.

Resistance training offers young people a safe way of improving strength, flexibility and movement efficiency so they reduce their risk of injury and prepare their bodies for sport and exercise. The BaiMed Youth Strong Program is run by fully qualified, experienced exercise physiologists who will custom design a program for your child and supervise them during their training.

Incorporating resistance training, stretching, balance work, movement coordination and stability in a fun and stimulating environment, the Youth Strong Program is designed for males and females aged between 10 and 18 years – and is great for all levels of ability in all types of sports.

## Benefits of strength training at BaiMed

- Boosts athletic development by building healthy muscles, joints and bones.
- Improves fitness, endurance and overall sports performance.
- Helps prevent injuries and speeds up recovery.
- Teaches correct technique from the ground up.
- Fully supervised by qualified, experienced exercise physiologists.

Strength training unsupervised or with unqualified trainers can result in injury which can sometimes be irreversible. Our program is fully supervised and we ensure your child achieves the correct technique before progressing.

## SPECIAL OFFER FOR A LIMITED TIME

Pay for two sessions in our Youth Strong Program, and get your third session FREE. The program attracts a rebate under Exercise Physiology in many health funds.

Talk to us today. Call the BaiMed Performance Centre on 02 4295 0707

