

Weight Loss, Prevention, & Diabetes Management

Limestone Health Consultants and Kingston Body Management present a unique program based on the current best practice in the field of diabetes management, weight loss & prevention. This program provides clients with a fitness oriented method of condition management and progression prevention. Our team of exercise therapists and physiotherapists work together to provide a safe and effective means of staying healthy and maintaining a high quality of life in the face of chronic health conditions. We offer fitness classes as well as personalized fitness programs that allow you to be fit and healthy while having fun!

Program Options

We understand that every client is different and requires different needs and services regarding their health. Clients have the options of:

- ❖ Group Class Sessions
- ❖ Individual Training Sessions
- ❖ Physiotherapy Services

Programs Offered

STANDARD GROUP PROGRAM

- ❖ 12 Week Session
- ❖ 3 Fitness Classes/Week (36 Total)
- ❖ Initial Fitness Assessment
- ❖ Access to an On-line Fitness Journal
- ❖ Goals & Lifestyle Counseling
- ❖ Free Gym Membership
- ❖ Complimentary Pedometer
- ❖ Information on/from the Canadian Diabetes Association



Programs Offered Cont'd

ADDITIONAL PHYSIOTHERAPY SERVICES

Additional physiotherapy services may be added to your program for concurrent medical/physical conditions or complications. Services may include assessments and/or treatments.

***Should a physiotherapy service be added, **the entire program can be covered by your Extended Health Benefits.**

SPECIAL INTRODUCTORY PRICE!

Join our program and get your 1st 12 week session with all of the listed services for only \$100!

Programs are on-going, so join **TODAY** for a healthier tomorrow!

*For information regarding sessions, contact Exercise Therapist and Kinesiologist, Kait Hoke at kait@kingstonbody.com or call our office at 613.384.9203.

Clinic Information

The Clinic is open Monday to Friday

Monday	8:30 am – 8:30 pm
Tuesday	8:30 am – 8:30 pm
Wednesday	8:30 am – 8:30 pm
Thursday	8:30 am – 8:30 pm
Friday	8:30 am – 5:30 pm

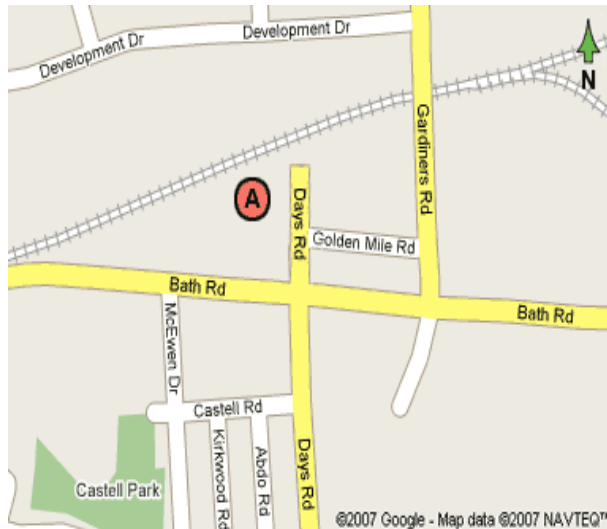
Personalized Programs may be booked outside of regular clinic hours by appointment with the exercise therapist.

Facilities & Equipment

5400 square foot facility offers:

- ❖ Fully Accessible Gym
- ❖ Physiotherapy Clinic
- ❖ Massage Therapy
- ❖ Occupational Therapy
- ❖ Nutritional Services
- ❖ Psychological Services
- ❖ Full Line of Equipment
- ❖ Treatment/Assessment Room
- ❖ Shower
- ❖ Private Change Room

Childcare options may also be available downstairs at the Playtrium (please contact Playtrium directly to enquire about fees, times, etc).



WEIGHT LOSS, PREVENTION & DIABETES MANAGEMENT PROGRAM

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