



PHYSICAL INTERVENTION - FUTURE PROOFING

Therapy in Praxis encompasses every aspect of healthy living and a healthy lifestyle including diet, exercise, work-play balance and stress management.

THE ROLE OF THE SPECIALIST COACH

To 'turn children on to' living a healthy active lifestyle. This means they choose to participate in regular physical activity and make healthy choices themselves.

The Specialist Coach enables the child to access a range of sports and activities and promotes healthy choices with regards to activity, lifestyle and diet through a positive role model.

Children are educated as to what healthy choices are and to work to develop these skills. This includes the confidence and motivation to access these on a daily basis.

Specific goals can include:

- improving cardiovascular / aerobic fitness
- developing fine and gross motor skills
- weight management and weight loss
- improving muscle tone, strength and flexibility
- channelling behaviours in a positive way
- educating parents and caregivers about physical activity and healthy choices
- building physical activity and healthy choices into daily routine
- developing confidence and motivation

Specialist on-site facilities include a fitness suite and computerised recording of personal profiles.

Other services available to Therapy in Praxis include paediatric -focused nutritional and dietetic advice. Please contact Therapy in Praxis for more information.

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