

Better Moment #11

BEING ABLE TO SAY “DID YOU SEE THAT SHOT?”

PERFORM BETTER. We are dedicated to helping active people and athletes of all levels perform their best and avoid injury. Using a whole-body approach to rehabilitation, fitness and sport-specific training, we help you maximize both your body and brain performance. Whether you want to hit it out of the park, score the winning goal, or get back to what you enjoy most, we will help you perform at your best!

**BUILDING
A BETTER
YOU**



PERFORM BETTER

Experience the ultimate training ground to take your game to the next level! We work with Olympic, professional, competitive and amateur athletes of all ages to help take their game to the next level!

Our program will put your brain and body to the test using interactive, innovative and sport-specific training designed to maximize performance.

- + Faster, stronger, and more focused
- + Make decisions quicker under pressure
- + Improve agility and hand-eye coordination
- + Prevent injury with improved reaction time

BOOK NOW! MARKHAM | 905.940.2627
AURORA | 905.841.0411

ATHLETE DEVELOPMENT PROGRAM \$150 | 60 MINUTES

Our Athlete Development Program starts with a whole-body biomechanical evaluation to test body functionality, mechanics and sport-specific movements. It also introduces athletes to the advantages of neurocognitive sports-vision training. Each session is one hour and includes a customized summary.

SPORTS PERFORMANCE

Based on your Athlete Development Program results, we recommend a variety of customized and sport-specific options designed to help you reach optimal performance! From avoiding injury to improving strength, accuracy, speed, reaction, focus and agility, we are committed to getting you to perform at your best!

- Vision Training
- Athlete Profiling
- Fitness Training
- Sport-Specific Training
- Baseline Concussion Testing
- Injury Prevention & Recovery
- Foot Screening
- Athletic Therapy
- And more!

For a full listing of our Sports Performance services, visit www.honsbergerphysioplus.com