

Lifestyle Activities

BUILDING A BETTER YOU!

Honsberger Physio+ is all about helping you live better! We help you prevent and recover from injuries occurring in everyday life situations and activities such as gardening, shoveling snow, slips and falls, walking or lifting things around your home. We believe personal empowerment is key to living a healthy life!

Our lifestyle activity resource section provides you with a sampling of exercises for many every day activities and is designed to help you prevent injuries.

- [Gardening](#)
- [Lifting](#)
- [Posture](#)
- [Stretching](#)
- [Walking](#)
- [How to select and use the right back pack](#)
- [Snow Shovelling](#)

At Honsberger Physio+ we can assess your biomechanics, strength, range of motion and balance to prescribe a program for you that is suited to helping you avoid injuries and enjoy maximum mobility.

Our resources on this website are for informational purposes only. Please do not diagnose, self treat, or attempt any exercises from the content on this site without contacting your practitioner at Honsberger Physio+, your physician or a qualified specialist first.

We offer Physiotherapy, Massage Therapy and Athletic Therapy services and look forward to working with you to enjoy maximum mobility and avoid injuries.