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TREATMENTS**
**THE NEED FOR
ADEQUATE
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In essence the true objective of anti-ageing is healthy ageing without aches and pains and the ability to live a long life without crippling disease. When you are in pain, not only is your quality of life affected, but also your immunity and pain definitely shows also on the face.

In his international best selling book *Get Yourself Back In Motion*, physiotherapist Jason T Smith reveals some amazing facts on how to self-manage pain and optimise your health through never before revealed tips and secrets.

Once you start reading this book it is hard to put it down. Jam-packed with new information and simple strategies that can give you a new lease in life, the book debunks common myths surrounding pain and promotes a preventative and proactive approach to achieving lifelong physical health, unlike many traditional physios, and is the first book of its kind.

Jason Smith, founder of *Back In Motion*, Australia's fastest-growing health group, reveals secrets of his highly successful Results4Life® philosophy, which has already helped thousands take control of their health.

Jason says, "Results4Life empowers individuals to partner with their physiotherapist to achieve optimal lifelong physical health, rather than resorting to the quick-fix mentality".

This method gives you the tools to help improve sleep, fitness habits, nutrition and pain management to live with more energy and mobility and perform better in all facets of your life.

According to Jason, many people view their physiotherapist as a glorified masseuse and only seek their help when they are already injured or in pain. However, this philosophy encourages people to visit their physiotherapist regularly to improve and strengthen their body, so that they do not end up in pain.

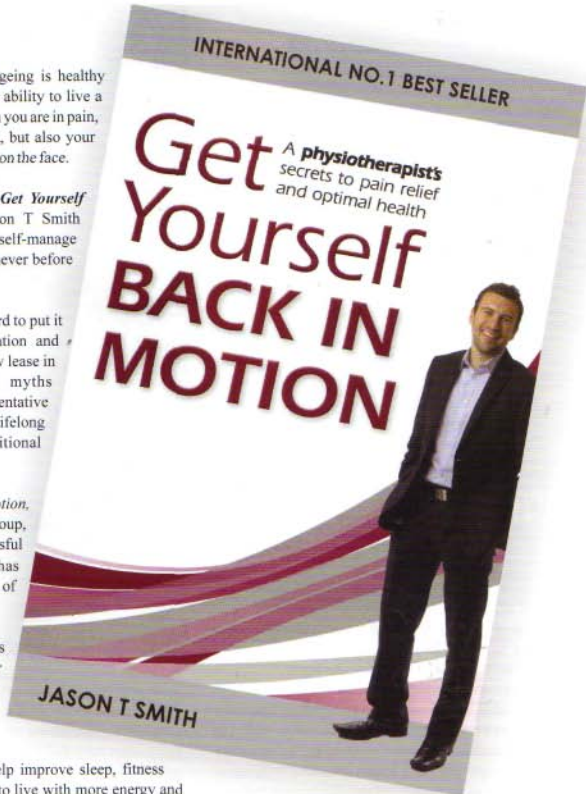
Smith says the *Back In Motion* network has refined the approach to physiotherapy with preventative and proactive therapies that minimise the onset of aggravations and pain.

"Traditionally therapists have often managed pain 'reactively', which has only short-term gain for the patient," he said.

"Following the Results4Life philosophy, *Back In Motion* therapists design a comprehensive tailored program that enables the client to self-manage their problem while helping to prevent the recurrence by resolving the underlying cause of the pain.

"We see our role as physiotherapists to be a health facilitator and partner with patients to help them achieve overall wellness for life, rather than just provide symptomatic treatments that provide a temporary solution."

Get Yourself Back In Motion is a fascinating book that can transform your life. It contains time-proven and medically sound principles with an innovative philosophy of self-empowerment. It is true – it is the little things you can do each day that can make all the difference in both preventative health as well as improving wellbeing.



JASON SMITH'S TOP SIX TIPS FOR GOOD PHYSICAL HEALTH

1. Moving well is at the core of true positive health. Move more intentionally, every day. Avoid a sedentary life. Be physical.
2. It is not normal to be in pain or carry injuries. Don't ignore pain, niggles, aches or stiffness. Get your body properly assessed and overcome the pain for life. Early intervention is key.
3. Pay attention to your posture – static and dynamic. Lifelong physical health depends on daily habits that encourage correct posture and core stability.
4. You truly are what you eat; your food is your medicine. Limit processed foods and pay attention to volume and content.
5. Health is a lifetime investment. True health comes with daily management. Take care of your body every day through movement, lifestyle and nutrition.
6. Set personal health goals and make yourself accountable to a 'health coach' – it could be a professional (e.g. physiotherapist) or a trusted friend.

To be launched on November 1, *Get Yourself Back In Motion* will be available at *Back In Motion Health Group practices*, major book retailers and online bookstores. RRP \$29.95. **APJ**