



Take back control of your health

TRACEY FOX

Get yourself back in motion

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THE holiday season is over, and it is back to life as usual for most of us.

The guilt of one too many celebratory drinks and a hefty amount of rich food probably has a few of us squeezing ourselves back into uniforms as we return to work.

With the New Year comes the usual promises and resolutions that we will try better this year, eat healthier, take care of ourselves and start that new exercise routine we read up about in the latest woman's magazines.

The trouble is, for most of us, we live lives

so full that our health and wellbeing generally falls low on the list of things to do.

Usually somewhere after making sure the kids don't kill each other, and spending more time with the family.

The very thought of health problems are relegated to something to worry about in the future.

And when, and if, sickness or pain happens, we tend to believe medical science will provide the necessary treatments and the physicians to treat our aches and pains.

But isn't that all a bit of wishful thinking?

Shouldn't we be trying to prevent illness and pain rather than abuse ourselves now, and pay for it later?

Jason T Smith is a world renowned physiotherapist who believes

we can.

In his life changing, bestselling book *Get yourself back in motion* Smith explores some empowering examples of how we can take charge of our bodies, our health, and optimise our life styles in an effort to take control of the most important thing we own: our health.

Smith says physiotherapy group Results4Life empowers individuals to partner with

their physiotherapist to achieve optimal lifelong physical health, rather than resorting to the quick fix mentality.

Pain is something no one wants to experience on a daily basis, and if there are simple

ways to prevent it by being proactive in the present, maybe this is something we all should consider.

With easy to read chapters that are direct, to the point and informative, *Get yourself back in motion* is a valuable tool for anyone who really wants their health to

benefit both now and in the future.

It is available at most major book retailers and on line.

