Moving is living

Physiotherapy

Clinical Pilates

Health Conditioning

Energise and Revitalise

NORTH EAST
Life
moving is living

Take control for a better body

Physiotherapy

Womens' Wellness

- Find relief from discomfort
- Resolve pelvic girdle and back pain
- Re-activate your abdominal muscles

Rediscover your sport

- Do what you love
- Move with power
- Regain your physical fitness
- Be injury-free

Clinical Pilates

Baby Bodies

- Energise your child bearing years
- Protect your posture
- Reclaim your body

Inner Strength

- Move with confidence
- Keep your pelvic floor in control
- Create your better quality of life

Health Conditioning

Keep fit for Menopause and beyond

- Healthy women are happy
- Supervised program to ease you back into exercise
- Manage stress with relaxation and meditation techniques

Bone Builders

- Specific exercise can enhance your bone density during menopause

Life is beauty, admire it.

Being a woman presents unique joys and challenges. North East Life provides choices for creating a healthy body, strong mental approach and inner core strength – so that you can rediscover the best of yourself.

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Performance Recovery Strength

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