

Do you want a program to assist **injury prevention** in the workplace?

Are you interested in teaching your workers how to listen to their bodies and **implement practical strategies**?



BODY
SMART

We know that musculoskeletal injuries are the most common workplace injury and the cost to the employer is alarming. The BODY SMART program goes beyond manual handling training to truly educate workers how their body operates and therefore take control of how they move, lift and sit. It teaches body intelligence.

It is actually easy to improve your body intelligence and prevent injuries.....

What is body intelligence? And is it something I need?

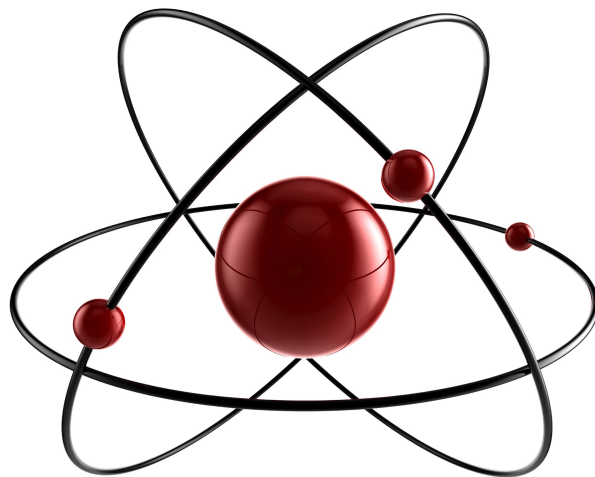
Body intelligence is the ability to tune in and interpret the key messages your body is giving you. It is your ability to know what your body needs and therefore be strong and healthy, wherever you are, whatever you are doing.

This program has been developed based on years of clinical experience and through an integration of both western and eastern science and wisdom.

Body Smart - benefits in the workplace...

This training program will teach you how to listen to your body and understand what is safe and effective for you.

- Unlock the power of your core strength
- Learn how your body works best
- Build a foundation of knowledge to understand your functional ability
- Implement injury prevention strategies



Body Smart creator - Jacqueline Edser

Jacqueline is an Occupational Therapist with a difference. She is an expert in understanding functional core strength, posture and musculoskeletal alignment and has trained and worked alongside some of the world's leading experts in Neurology and Functional Movement. As a trainer and a practitioner, Jacqueline draws on over 10 years of experience in Soft Tissue Injury Management and Integrative Medicine principles to achieve lasting health and well-being results with clients. She continues to be passionate about sharing her expertise, lecturing to both undergraduate and post-graduate university students. Jacqueline has a strong understanding of the needs of current workplaces and is passionate about re-connecting people with their bodies to ensure that they not only survive, but thrive in life.

.....and it takes no extra time!

What is:



The **BODY SMART** program is a unique approach to teach your workers;

**SAFE
MOVEMENT
AWARENESS
REPROGRAMING
TRAINING**



	SMART Spine	SMART Mind	SMART Sense
S M A R T DOING	<p>Unlock your core</p> <p>Understand what your actual core is and how core strength impacts the posture and function of the body.</p>	<p>Service your vehicle</p> <p>Devise simple strategies to improve the state of your body, enhancing your control of your core.</p>	<p>Just do it</p> <p>Develop a practical, time efficient system of strength and stretch exercises to be done at home, work or on the go.</p>
S M A R T FEELING	<p>Signal = strength</p> <p>Learn what good posture is and what dysfunctional or compensatory postures look like.</p>	<p>Listen to your body</p> <p>Get in tune with what feels right when moving, lifting and sitting.</p>	<p>Amp it up</p> <p>Stimulate sensory motor reprogramming to improve your core strength.</p>
S M A R T THINKING	<p>Align your spine</p> <p>Develop an understanding of the structure and function of the spine and the impact on strength.</p>	<p>Start eating smart</p> <p>Understand the nutritional requirements for a healthy spine, body and optimal strength.</p>	<p>You're smarter than you think you are</p> <p>Improve that sense of knowing.</p>
	Module One	Module Two	Module Three

Get started today! Do everything you can to be unique in your approach to prevention of injuries and optimal function of your workers.

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**BODY
SMART**

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