

#1

LOW BACK PAIN

(LBP) IS THE MOST PREVALENT HEALTH PROBLEM IN SWITZERLAND AND A LEADING CAUSE OF REDUCED WORK PERFORMANCE AND DISABILITY.

50%

ONE-HALF

OF ALL WORKING ADULTS ADMIT TO HAVING BACK PAIN SYMPTOMS EACH YEAR.

2.3%

THE TOTAL

ECONOMIC BURDEN OF LBP TO SWISS SOCIETY WAS BETWEEN 1.6 & 2.3% OF GDP.

2nd

BACK PROBLEMS

ARE ONE OF THE MOST COMMON REASONS FOR MISSED WORK. IN FACT, BACK PAIN IS THE SECOND MOST COMMON REASON FOR VISITS TO THE DOCTOR'S OFFICE, OUTNUMBERED ONLY BY UPPER-RESPIRATORY INFECTIONS.

2.6 BLN

DIRECT COSTS

OF LBP WERE ESTIMATED AT 2.6 BILLION CHF AND DIRECT MEDICAL COSTS AT 6.1% OF THE TOTAL HEALTHCARE EXPENDITURE IN SWITZERLAND.

80%

EXPERTS ESTIMATE

THAT AS MUCH AS 80% OF THE POPULATION WILL EXPERIENCE A BACK PROBLEM AT SOME TIME IN THEIR LIVES.

METHOD

Foundation Training is a series of exercises based on integrating the muscular chains of the body. The exercises quickly stabilize your spine and core, focus on muscle chains which are abused due to our modern lifestyles, while most exercise regimens leave most of these muscles weak and imbalanced.

Foundation Training teaches your body to move as nature intended.

SOLUTION & BENEFITS

The solution to these problems is Foundation Training, and benefits from properly done exercises include:

- Overcoming back and hip pain
- Feeling rejuvenated
- Having a strengthened back and neck
- Decompressing the body
- Counterbalancing the effects of modern-day work and lifestyle
- Preventing injuries
- Increasing productivity
- Improving one's posture
- Reprogramming the body to move properly
- Optimizing oxygenation and breathing patterns
- Lengthening your spine
- Eliminating abdominal compression



FOUNDATION TRAINING

CERTIFIED INSTRUCTOR

OPINIONS

"It is fair to say that Foundation Training saved me from a surgery."

For more than a year I tried different therapies and medicines, however none of them helped me to become pain free until I met my Foundation Training instructor Wojtek.

Through his positive way, vast know-how, thorough verbal and visual exercise explanation, I relearned how to train and live with proper movement."

Matthias, 30, Switzerland

OFFER

No equipment necessary, I will provide everything that is needed.

All that is required are some comfortable clothing, enough space for free movement, a desire to feel stronger and better, and a willingness to try something new.

Classes are provided for individuals and groups at flexible locations.

+41 76 652 07 00
 info@PlanBFitness.ch
 PlanBFitness.ch
 Arlesheim, Switzerland