



## **Terry Roach's Body Mechanics**

### **A Scientific Quest to a Balanced Body to Feel and Perform Better!**

**Terry Roach, M.Ed., Registered Kinesiotherapist**

**World and National Masters Track Cycling Champion**

**Pres., Body Stabilization Training, Inc**

#### **BODY MECHANICS   FUNCTIONAL SKILLS   POSTURE TECHNIQUES FOR MOVING**

Take your training techniques to the next level! Terry suffered from neck and back problems for years, and ultimately back surgery. She has developed an informative, instructional program through **Body Stabilization Training, Inc.** based on getting back to her active lifestyle. Terry created a double DVD set that will educate you in how to become a better body manager and learn how to protect clients with back and neck problems. Her program has allowed her to compete in cycling on a world class level and recover from a recent three level neck fusion, resulting from a mountain bike crash.

You will learn, maybe for the first time, how to sit, stand bend, walk, breathe, move and sleep in the most efficient way to improve the quality of your and your client's life. Instructional techniques in proper body mechanics and posture related to daily routine skills, strength and flexibility exercises, and recreational activities are taught to give you a different insight in your instructional techniques.

Whether you are a **therapist, personal trainer, aerobics instructor, or group exercise instructor**, this information will be invaluable as it will enhance the quality of your instruction and improve results with your clients.

View the double DVD test, answer test questions, and receive a certificate for .5 CEU's

Cost: \$55.00 includes DVD, downloadable booklet, test questions and return envelope to mail when test is completed. Mail the test back to Terry and you will receive your certificate of completion.

[www.bodystabilization.com](http://www.bodystabilization.com)