

# Wise choice

In a muddle over choosing an exercise best suited to your strengths and weaknesses? **MARK & JOKO HEALTH MANAGEMENT CLINIC** shares robust advice on how to get with the programme.



**H**ave you decided to jump on the fitness bandwagon but you're just not sure of the exercise regime to best suit your body type and personal makeup? This is possibly the most important decision you are going to make and will contribute considerably to the outcome of your 'look good, feel great' plan. Although a buffet of fitness options are out there, not all disciplines can produce the desired outcome you may be looking for. Sure, you can research until your heart's content. Or, better yet, you can find a qualified fitness consultant who can prescribe an accurate exercise strategy for you, establish pre- and post-plan measurement goals to assess the effectiveness of your training, monitor your progress constantly to evaluate what works and what doesn't, and adjust accordingly where required.

Once you've decided on the exercise that suits you best, it's important to ensure you're carrying the programme out properly. Doing exercises accurately with the correct posture, muscle recruitment and repetitions, and knowing how to apply prescribed exercises in performing daily or sports-specific activities, leads to positive, goal-oriented outcomes. Additionally, muscle memory training and participating in more than one sport can improve your physical performance dramatically. Although such fitness prerequisites and necessities may sound overwhelming, it's a piece of cake if you have an experienced professional to support you through the challenges that may lie ahead. Moreover, a professional should be able to spot incorrect body movements to help

you prevent potential sports-related injuries and achieve maximum efficiency.

When looking for professional expertise catering to these various fitness must-dos, *Mark & Joko Health Management Clinic* is your one-stop wellness arena. *Mark & Joko* is the only clinic in Singapore to offer physiotherapy, a full gym and Pilates facilities – all in one location. The clinic provides in-depth and personalised rehabilitation and fitness training to individuals looking for a high standard of medical management, physical training and coaching – all dished out by dedicated and committed professionals. This progressive all-round wellness centre also focuses on the various causes of pain that commonly occur due to obesity, uneven stresses placed on the joints and, more metaphysically, the mind – which can be blocked with preconceived barriers of what one thinks they can, and can't, achieve. The clinic caters to both medical and fitness goals in the best way possible. So why wait when you can find the right professional at *Mark & Joko* to help you achieve what you need and desire. **F**



**Mark & Joko Health Management Clinic** is run by an Australian-trained physiotherapist and sports trainer. The clinic offers services such as physiotherapy, Pilates, personal training, weight management, sports massage and pre- and post-natal care.



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