

Studio Gymnasia's philosophy



For over 20 years, Gymnasia has promoted **well being** to a clientele in search of a personalized approach and a pleasant training environment. Well being can be defined as a state of homeostasis or in other words, an **absence of (dis)ease**. Disease is caused by stress and for the purpose of proposing a personalized wellness program; we have identified three sources of stress:

- ✓ **Physical stress** - caused by muscle imbalances, poor posture or disease.
- ✓ **Psychological stress** - relating to work or familial obligations or unrealistic expectations.
- ✓ **Nutritional stress** - caused by not eating according to your constitutional type, or by the overconsumption of processed foods (particularly, refined sugars).

Excess stress or the improper management of stress causes imbalances in the metabolism which on a long term basis, renders the body vulnerable to disease.

Your first appointment with one of our team members will allow us to better understand your expectations but more importantly, your needs through a series of questionnaires

We will then propose an action plan based on your needs including:

- ✓ **Which type of physical activity** best suited for you - resistance training, Pilates, X-Body.
- ✓ **A food plan** based on your constitutional type.
- ✓ **Stress management** suggestions.

Physical activity, but more specifically, resistance training, is an essential component of a long term quality of life. It is therefore difficult to understand why the drop out rate in gyms remains high. At Studio Gymnasia, we know that beyond good intentions, support and guidance makes all the difference. This is what Studio Gymnasia has to offer you.

Stephan Chatigny.