

WELCOME TO PINK PILATES

Thank you very much for registering for the Pink Pilates Programme. Pink Pilates provides a range of services designed to look after you following cancer surgery and cancer treatments. **All women with cancer** are eligible to **participate** in the Pink Pilates Programme, from the newly diagnosed to women 25 + years after their initial cancer diagnosis.

The Pink Pilates Programme consists of a course of ten individually designed and delivered treatments with a qualified physiotherapist. These sessions can help you:

- regain strength, flexibility and confidence in your body,
- improve your core strength and posture,
- ease pain and muscular tension,
- learn new exercises to enhance your own recovery after surgery and prevent long term problems
- increase energy levels during and after cancer treatments
- improve your general fitness and achieve your own fitness goals with an individualised, safe training programme
- progress into pilates or other exercise classes at your local clinic

Pink Pilates incorporates pilates, physiotherapy, massage, breathing techniques and exercise prescription. All Pink Pilates services are provided by fully trained and experienced physiotherapists with specialist training in cancer rehabilitation. Our team is here to support, motivate and encourage you, while offering the best care and professional advice. Once you are through your Pink Pilates programme they will recommend ongoing personalised exercise programmes to keep you fit and well.

Please remember at any time you can call or email your local clinic or at the Pink Pilates Head Office. We would love to hear from you and help you out with any queries you have. You can also find more information on our website www.pinkpilates.co.nz or www.pinkpilates.com.au

Please refer to the Pink Pilates Certified Physiotherapist list for details on your nearest clinic. Phone your local clinic to book your Pink Pilates initial appointment.

Kindly arrive 10 minutes early to the initial consultation with your Pink Pilates Physiotherapist as we will require you to fill out some documentation. Please remember to wear clothing you can move in comfortably.

We are here to make sure you have the best possible experience during your Pink Pilates programme. All the best with your recovery.

Kind regards,



Lou James
Founder and Director Pink Pilates



WELCOME TO PINK PILATES