

Fitness Centers in Indiranagar | Physiofit Fitness

Type

Price

External URL

<http://physiofitfitness.com/fitness-3/>

Keywords

Fitness, Physiotherapist, Rehabilitation

Hits

385

URL

<http://www.indiafinder.in/products/detail/fitness-centers-in-indiranagar-physiofit-fitness-763>

Assessment :

We begin every individual's fitness program with thorough assessment – physical and lifestyle – conducted by physiotherapists. We consider personal fitness history, injuries, nutritional health, and muscle and bone health, among other vital aspects. This enables us to evaluate and design the most suitable fitness programs for different individuals.

Functional training :

We cannot emphasize more on the importance of core stability. Our functional training helps level up your everyday strength and ability needs. This training helps muscles to work together, stimulating common movements that are part of home, work or sports practice. Functional training improves your core stability to enhance your everyday lifestyle.

Personal training :

We are all different and so are our fitness needs. Our one-on-one personal training programs mean individuals reach their fitness goals faster with greater effectiveness. If we don't have a solution yet, we develop it based on an individual's unique needs.

Who is it for? For all those who want to thrive! From sports professionals to homemakers, office-working professionals to students, the aged who want to stay fit and active, to those trying to recover from ailments.

Does one really need a personal trainer? Yes! Here's why: A personal trainer ensures you fully understand the science behind the exercises you do. That way you chose the most effective exercises to reach different fitness goals and pay attention to details, which means a reduced risk of injuries.

Strength training :

One of the most essential ingredients of life: Strength. Physical strength and stamina keeps one prepared and going through routine or vigorous activities. Musculature, structure and muscle health are essential to strength.

Our strength training includes exercise with a focus on the use of resistance to induce muscular contraction, an aerobic endurance and the size of skeletal muscles. We ensure: the right equipment, type and intensity of exercises, and adding variety. We aim to spread our knowledge, and more importantly, motivate everyone to build strength.

Nutrition :

To reap the maximum benefits from fitness training, high-quality nourishment is most important. A malnourished body, unhealthy eating habits and lack of knowledge of the importance of food, are the primary reasons behind long-term nutritional deficiencies. Our on-call expert nutritionists assess your nutritional health and chart out personalized nutrition needs. We aim to encourage people to join us in our belief: We are what we eat.

SUPPLIER

Physio Fit Fitness | Physiotherapy Centers | Rehabilitation Centers | Fitness Gyms in Indiranagar, Bangalore





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Physiofit Fitness:

[Physiofit Fitness](#) is the first-of-its-kind fitness set up that believes in achieving lasting fitness goals through an all-inclusive approach. Our out of the box thinking lead to combining the benefits of exercise, physiotherapy, rehabilitation and nutrition- something that is rare to find in the fitness industry.

We begin where your visit to a physiotherapy clinic ends, where an injury leaves you with pain and restricted movement; We begin where you – children, adults and aged, women, sportsperson and corporate professionals – easily overlook the modern lifestyle ailments that harm your health and fitness. Physical ailments or just the need to stay fit – we believed that a powerful solution was needed.

Our Beginnings :

Physiofit Fitness was founded by Dr R. NallaThambi, a reputed physiotherapist. After a decade of practice and successfully treating a number of people to live pain-free lives, Dr. Thambi decided to turn his expertise into a physical entity.

Physiofit Fitness opened its doors in early 2017. Located by a well-connected main road in Indiranagar, the 4000 square feet sprawling space is a fitness enthusiasts delight. Well equipped with the latest exercising equipment, physiotherapy and rehabilitation arrangements, and specialist on-call nutritionists, we offer a tailor-made approach to

each individual's goals and requirements. [**Physiofit Fitness Is the Best Physiotherapy Centers in Indiranagar Bangalore.**](#)

Our Approach :

To reap the maximum benefits of fitness training, it is important to understand the core condition or physical issue. We start with individual lifestyle and physical assessment and create a unique programme for each customer. We cannot stress enough on continued exercise. In order to reach long-term fitness goals, it is important to continue exercises after rehabilitation.

Our Mission :

We believe that regular exercise is the key to maintaining healthy living, whether perfectly fit today or suffering a disease. Our goal is to spread this get-up-and-go attitude and make healthy living a way of life for each and everyone. This is what differentiates us from various giants in the fitness industry.

Our Team:

Our core team has been thriving in the fitness industry for over a decade. With experts in fitness, physiotherapy, nutrition and management, our pool of diverse specialists crisscrosses various challenges to ensure realizing our customers' goals. We take pride in our work, every day.

Infrastructure and Facilities :

If the first step is 'yes, I want to', the next step is 'how and what do I need for it'. We understand the importance of having the right kind of equipment and facilities to pursue any fitness program.

Our space is well equipped with the latest equipment for exercise and devices for physiotherapy and rehabilitation. Other facilities such as shower and valet parking make our clients' fitness experience better and smoother.

All our Fitness equipment is of global standard and bio-mechanically designed.

- Interferential therapy (IFT)
- Shortwave Diathermy (SWD)

- Ultrasound
- Hydrocollator
- Transcutaneous electrical nerve stimulation (TENS)
- Myofascial release
- Continuous Passive Motion (CPM)

For more details, please visit <http://www.indiafinder.in/detail/physio-fit-fitness-physiotherapy-centers-rehabilitation-centers-fitness-gyms-in-indiranagar-bangalore-8912>