

Do you want to adopt a healthier lifestyle in 2019? Would you like to be more physically active?

Make those 2019 wishes become a 2020 reality!

Reach your goal at the Kinesiology Clinic of McGill's [Department of Kinesiology and Physical Education](#) (Currie Gym, 475 Pine Avenue West). Let the students from kinesiology help you exercise and you will help them gain valuable experience through their program internships.

Here are some of the services that the Clinic is offering:

1- Lunchtime training

Come and start 2020 on the right foot!

Why not use your lunchtimes to get exercise training in your day?

Under the guidance of Kinesiology students, develop and maintain your cardiovascular health and muscular strength during your lunchtime (10-week program, Mondays and Wednesdays OR Tuesdays and Thursdays, from 12:00-13:00 OR 13:00-14:00) After an initial health interview and fitness assessment, you will train twice a week for 8 weeks, after which you will be provided with another fitness assessment to see how much you have improved!

Cost: 100\$

Running from week of January 27 until week of April 6.

Maximum of 4 people per class, total of 16 participants for the program.

2- Ergonomics assessments

a) **Office Ergonomics**: Wondering if your computer workstation is properly set up and if you have healthy office work habits? Get your workstation assessed and get tips to improve your immediate office environment.

Cost: 50\$

By appointment.

b) **Full Ergonomics assessment:** Does your job involve some lifting, pushing, or repetitive movements? Ever wonder what you can do to avoid developing work-related injuries? We are ready to conduct a full work injury risk assessment, make suggestions on how you can adopt healthy and safe work habits, and help you prepare and implement an injury prevention plan.

Cost: 80\$

By appointment.

3- Running gait analysis

Do you wonder if your running is on the right track? We will go through your training background and injury history, check your running shoes and assess your running technique. From there, we will give you tips to improve your running and potentially diminish your injury risk.

a) **General assessment**, cost: 60\$,

b) **Advanced 3D Running and Functional assessment**, cost: 120\$
service available upon request.

By appointment. Please anticipate approximately two hours in your schedule for this service.

Contact us at clinic.kpe@mcgill.ca to book your appointment or session. Please indicate the package(s) and date/time choices (lunch time training) that you are interested in, in the email subject header.

