

BODY DEVELOPMENT

Strength & Performance centre

Tom and Terry are certified strength coaches under Charles Poliquin, regarded as the best strength coach of modern times. They tend to work with athletes, their current client lists including some of the country's top sprinters and throwers, young rugby professionals and golfers, but they also work with the general public seeking serious strength work.



Karen works with the general public as a personal trainer, having a great deal of success with weight loss / body transformation, pre and post natal and rehab programs. Her client base includes other health professionals such as physiotherapists and chiropractors as well as housewives and office workers.



**For more information
please contact –
Tom Crudginton – PICP**

**Level 3 Strength Coach, Biosignature coach,
M.A.T. Practitioner, PIMST, MMA & Thai Boxing
Coach. Tel 07737484198**

**Karen Sheaff - Biosignature Coach, Dip PT,
Sports Massage Therapist, M.A.T. Practitioner. Tel
07921526539**

**Terry Hughes – PICP Level 2 Strength Coach,
Biosignature Coach, M.A.T. Practitioner, PIMST,
Rugby Specialist. Tel 07811195405
www.bodydevelopment.co.uk**

BODY DEVELOPMENT *Therapy Rooms*

At the Therapy Rooms the following are available –

Osteopathy with Alison Temple-Smith.

Alison is a highly experienced osteopath who is new to Bath, coming from a successful London practice. She specialises in structural work with adults of all ages, and is very practical in her approach. During February and March 09 she is offering free 30 minute assessments. To book please call 01225 577840.



Sports Massage, Biosignature and Muscle Activation Technique.

Karen deals with sports massage and deals with many referrals from various local Chiropractors, Osteopaths and physiotherapists. Tom, Terry and Karen all use Biosignature work on clients seeking fat loss and body transformation work. Developed by Charles Poliquin, Biosignature works on manipulating hormone balances through dietary changes and supplementation, to achieve remarkable results. For more information on this and Muscle Activation Technique please contact one of the team on their numbers shown opposite.

Holistic Massage and Bodywork with Leora Sharp.

Leora's massage work is incredible! She is the perfect answer for those needing to deeply relax and de-stress. She works in a very caring and supportive manner and you are guaranteed to feel refreshed, revived and renewed in body, mind and soul after her treatment. To book please call Leora on 07887612242



Coming in March 2009 – Live Blood Analysis, a way of seeing nutritional issues within your blood.

For more information call Tom on 07737484198.

Body Development Therapy Rooms, First and Second floor
37a Broad Street, Bath, BA1 5LP