

‘Stay injury free and get the most out of your running.’

# Injury Prevention and Performance

Mat Prior (physio and keen runner) has a special interest in running biomechanics and running injuries. Mat’s presentation will include the latest information on:

- The many benefits of running for health and fitness
- The truth about ‘wear & tear’ on runners
- Efficient running technique – what it is, and how it can be improved
- The footwear debate – what does the science say?
- How to get the most out of your training and prevent injury

Here’s the opportunity to have all your running questions answered. Whether you are a raw beginner or an elite marathon runner, this interactive workshop will help you keep running and stay on track!

**7.30pm, Tuesday September 17**

**The Physio Studio, 132 Goodwood Road, Goodwood**

Everyone is invited to this free workshop.

Please register by phoning The Physio Studio on 8357 0418

