

YUVA

SWEAT 'N' SHINE

LADIES FITNESS CENTER



Train with us and enjoy the glow of good health.

About the TRAINER



Dr. V. Ponmahalakshmi

Dr. Ponmahalakshmi is an International Health and Fitness Education certified Women's Fitness Trainer and physiotherapist.

CONTACT US

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OUR EXPERTISE

- Body toning
- Weight loss program
- Weight gain program
- Strength gaining (including pelvic floor)
- Treatment for all kinds of pain
- Post-delivery body shaping
- Premarital body shaping



PREGNANCY RELATED EXERCISES

Doctors urge that women must stay active throughout the pregnancy period for a healthy delivery. This could be accomplished by practicing pregnancy related distinctive exercises recommended by doctors.

EXERCISING DURING PREGNANCY CAN

- Reduce backaches, constipation, bloating and swelling
- Prevent excess weight gain
- Help you sleep better
- Prevent or help treat gestational diabetes
- Boost your mood and energy levels to make you feel good
- Promote muscle toning, strength and posture

POST PARTUM EXERCISE IS BENEFICIAL FOR ALL WOMEN

- prevents urinary incontinence, strengthen vaginal muscles and accidental passing of gas or stool.
- Promotes weight loss
- Strengthens your abdominal and back muscles
- Improves your fitness and restore muscle strength

WHY YUVA?

Females experience 3 major hormonal transitions, specifically

- Puberty
- Pregnancy
- Menopause

During these transitions, females may be affected by hormonal changes, pains and risks related to obesity.

They might undergo sudden changes in their body such as excess abdominal fat, weight gain, increase in Body Mass Index (BMI) and enlargement of waist circumference.

Usually, gyms and other activity centres insist on excessive cardio exercises and stringent diet control to lose weight. This may lead to muscle fatigue, faster heart rate, deformed shape and is extremely unsafe for women.

At YUVA SWEAT 'n' SHINE, we have course of exercises and activities designed especially for females, for instance, pelvic floor training, individual muscle workout, and strength training, which reduces or prevents from the risks related to the 3 above mentioned transitions and keeps your bones, muscles and joints healthy and in shape.

THE PHYSIOTHERAPY CLINIC

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability.

Our holistic in-clinic physiotherapy involves treatment for

- Neck and back pain
- Arthritis and joint stiffness
- Tendinitis, sprains and strains
- Post operative rehabilitation exercises
- Posture deformities
- Sciatica and disc problems
- Heel and shoulder pain
- All kinds of joint pains

