

# The latest **exercise technology** to help you achieve your best!



We are proud to be using **PhysiApp** for your exercise programs!

- Clearly narrated exercise videos to guide you step by step.
- Report back on your progress, feedback and other outcomes.
- Stay on track with built-in reminders.

## Step 1

Download **PhysiApp** from the App Store or Google play (free of charge).

## Step 2

Your practitioner will send you your program access code.