

SUPPORTING PEAK PERFORMANCE AND OPTIMAL HEALTH IN CHILDREN

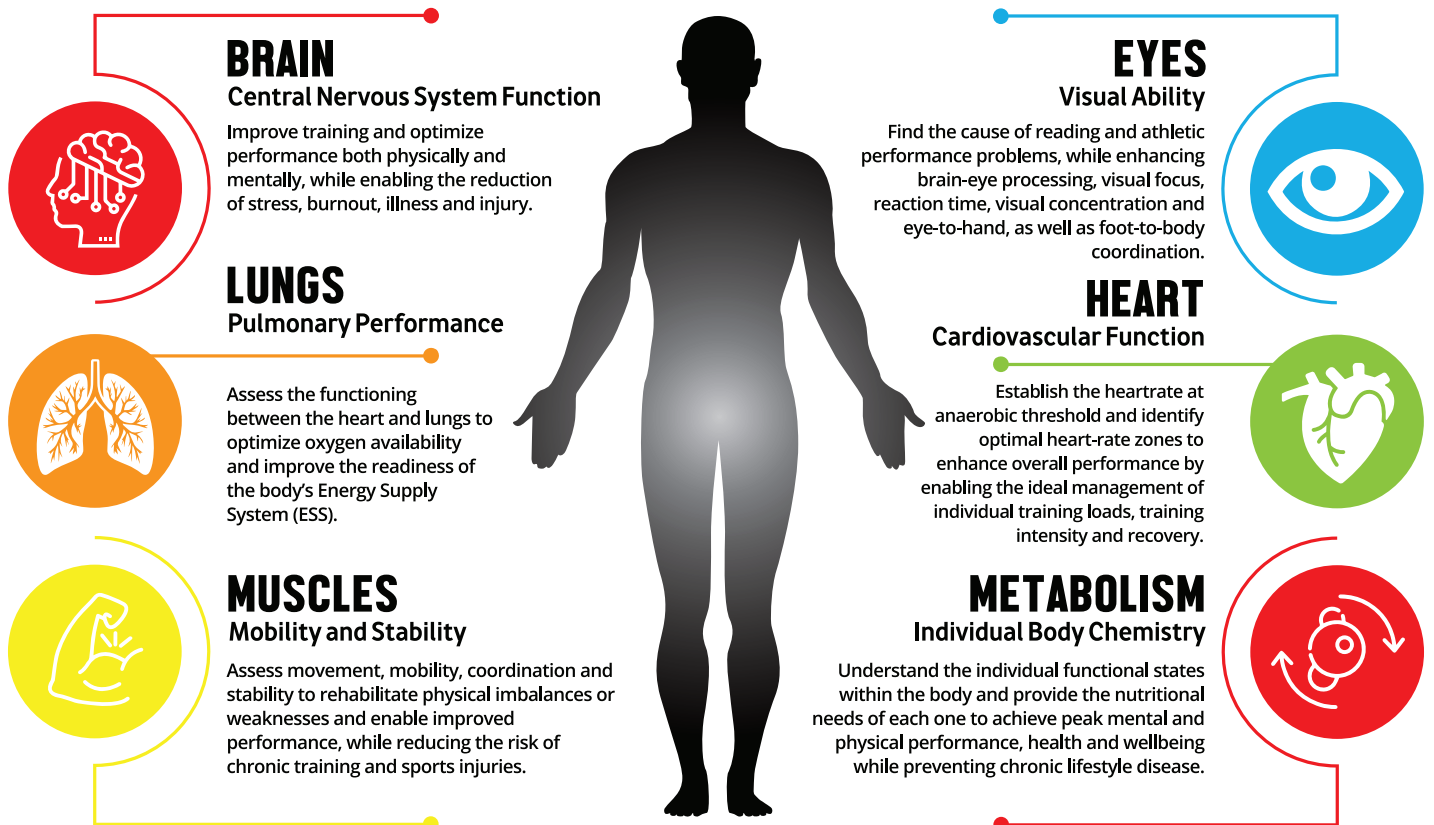


WHEN OUR KIDS ARE DOING TOO MUCH AND THEY CANNOT BE THEIR BEST ...

School children today are faced with the daunting challenge of consistently succeeding as top achievers on every level. As a result, many of them are over-trained and mentally fatigued which has been proven to severely undermine their health, wellbeing and - their performance.

...creating the correct physical balance is key

To develop a balanced brain and body that can perform at its best, we need to assess and understand our current physical state, which will show us where changes need to be made:





"I need strength, coordination, flexibility and excellent lung and heart capacity to be my best in the pool during training and at a meet."



"I need to be able to focus well and absorb information properly to keep up my good marks at school and achieve my dreams."

"I train hard to keep build my strength, speed and endurance, but I also need to be able to play at my peak when it's time for a match."



"I play hockey and then it's time to practice my instrument before I go and study. I need physical and mental endurance to cope with that."

READYSCHOOLS

Affordable . Credible . Accessible

Designed to address the highly specific needs of school children, ReadySchools is an affordable way to avert health risks, injuries and burnout, ensuring that your child is as healthy and happy as possible, while meeting the demands of a physically and mentally challenging school career.

Our ReadySchools assessment tools include:

omegawave

Accurate assessment of the entire body and brain to enable optimised training, athletic performance and improved resistance to stress, illness and injury.

RightEye

Provides critical insights into eye and brain health enabling improvements to how you see, feel and perform.

InBody

Measurement of body composition enabling a completely personalised diet and exercise plan for optimal health and peak physical performance.

BeActivated

The assessment of mobility and stability to reduce injury, enhance the functioning of muscles and enable improved resilience, strength and speed.

Readi-Nutri

Whole-body assessment enabling a personalised diet to increase performance in sport and all other aspects of life.

WHO IS READYROOM?

Led by a team of medical and sports professionals, ReadyRoom includes a range of advanced, innovative, globally recognised assessment programs combined with personalised wellness and performance solutions that aim to ensure the optimal health, as well as physical and mental achievement of individuals.

Grounded in Sport Science . Developed for Mind and Body



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