

# Flexteen



## STAND TALL

Healthy Back Teen Postural Workshop

BY HEATHER THOMAS SHALABI

Pilates is ideal during tween and teen years because it teaches the growing bodies how to stabilize core muscles and postural awareness which are crucial when lugging heavy backpacks around. By building core strength and awareness early, tweens and teens build an optimal foundation to carry into adulthood and will be less likely to develop back pain caused by muscle imbalances.

Participants have an opportunity for a postural assessment with Dr. Gillian Tsang from 11am-1pm. Appointments essential. Then move on to learn key exercises to stand tall with healthy backs! **Open to teens ages 10+.** Book your teen's appointment at [info@flexhk.com](mailto:info@flexhk.com)

BOOK ANY 2  
WORKSHOPS FOR  
10% DISCOUNT

ISLAND SOUTH SAT 24 SEPT 1-2.30 PM