

## **Cure 2 Endure©**

### **Injury Prevention for the Endurance Athlete**

Cure2Endure is an Injury Prevention Clinic designed for the adult endurance athlete. The goal of the clinic is to give attendees the tools to understand their own musculo-skeletal imbalances. These imbalances, for most athletes, cause an overwhelming amount of injuries. Once the participant has a better understanding of these imbalances, they are taught how to train their body to prevent further injuries. The functional training model will be used which includes balance, core, stretching, posture, strength training and gait.

Endurance athletes consist of: runners, walkers, cyclists, swimmers, triathletes or any combination of the above. All distance and ability levels are welcome to attend.

The clinic will meet once a week for 6 continuous weeks. Each session will last 1.5 hours. Most sessions will include a 20-30 minute presentation followed by an hour or so workout.

Benefits of attending the clinic are:

- Understanding the basic anatomy and physiology of the endurance athlete
- Understanding why certain injuries can occur and what compensations the body can trigger
- Create “an eye” for seeing and understanding musculo-skeletal imbalances
- Certified Master Trainers who will correct bad form and posture to prevent injury
- Over 50 functional training exercises that participants can use to prevent further injury

Please note: This clinic is not to be used in the place of physical therapy or for treatment of pain. This clinic serves as prevention and/or post-rehabilitation purposes only. Anyone having any “pain” must seek a physician’s clearance before attending.

For more information contact: Lisa Coors @513-476-1751 or  
lisacoors@coorscorefitness.com