



Postural Training



***Sisport Mirafiori
Via Pier Domenico Olivero 40 - TO
Season 2022-2023***



www.sisport.life - sisport@stellantis.com  

POSTURAL TRAINING - ADULTS AND TEENAGERS

From the 12th of September to the 28th of July 2023

GROUP LESSONS

This activity is ideal for those who suffer back problems and those who want to prevent them. This activity is a preventive, that diminishes the pain and reeducative gymnastics which includes:

- educational breathing exercises;
- educational postural exercises;
- exercises to diminish the pain and exercises to decompress intervertebral disc;
- muscular mobilisation and stretching exercises;
- exercises to strengthen and stabilise the rachis;
- balance and coordination exercises.

This type of approach connects traditional methods recommended by Williams, Cailliet e Charrière with modern kinesiotherapy methods such as method McKenzie, method Feldenkrais, method Mézières, RPG by Souchard, method Alexander, Proprioception reeducation and Verrouillage.

The subject that suffers vertebral pain won't be a passive executor anymore, but an active protagonist of his/her own treatment.

As a matter of fact, it is crucial that the students learn to protect their spinal column, to always choose the positions and the movements that cause less pressure on the discs of the spinal column, to keep the physiological curves and to change position frequently.

MEMBERSHIPS - GROUP LESSONS

		Total	Employee (and family) Stellantis - Cnhl - Iveco Group
10 entrances	to use by 28/07/2023	154,00 €	110,00 €
20 entrances	to use by 28/07/2023	265,00 €	189,00 €

TIMETABLE FROM THE 12TH OF SEPTEMBER 2022 TO THE 28TH OF JULY 2023

Each session requires a maximum of 4 participants. Sessions' days and hours must be arranged with the Kinesiologist Alberto Vittone by writing an e-mail to posturalesisport@gmail.com. Once the days and hours are established, it is necessary to book the training session on the website: <https://inforyou.teamsystem.com/sisport/>

50 minutes' sessions

INDIVIDUAL SESSIONS

This membership gives you the possibility to have individual sessions with a customised program.

The operator will use BARREL and PANCAFIT equipment during the activity.

PANCAFIT® is a piece of equipment, patented all over the world, which is able to rebalance the posture with simplicity and in a very short period of time, by acting on the totality of chains. The machine is able to give freedom and wellbeing back to the entirety of the body through *Global Decompensation Muscular Stretching*. This type of stretching is not classic nor analytical. It is a muscular stretching done with the correct posture which does not lead to "compensations", that is those mechanisms that diminishes the pain that the body implements to avoid tensions, pain or simple discomforts that it considers non-pleasant, or against its normal survival. Furthermore, this stretching uses breathing technique to unlock the diaphragm. The use of Pancafit® is particularly beneficial to those that, due to muscular tension, stress, ecc. suffer from various disorders (pain in the: neck, low back, lumbar, tendon; bursitis, synovitis, neuritis, peri-arthritis; pain in the shoulders, hands, cramps, rigidity in the hips, arthrosis in the hips, column, shoulders, hands, protrusions in the discs, spinal disc herniation, etc.). It is suitable to those who suffer from circulatory problems and those who want to improve their breathing technique, by acting on the diaphragm and the dorsal muscles.

BARREL is a piece of equipment that is usually employed in Pilates. It can also be used for postural and corrective gymnastics. The peculiar structure of the piece of equipment enables the correction of the posture, the decompression of the spinal column, the training of the abdominal muscles supporting the back. This machine is very useful for stretching since it improves the balance and strengthen the paravertebral muscles.

TIMETABLE

Individual sessions take place from Tuesday to Friday and must be arranged beforehand with Kinesiologist Doc. Alberto Vittone by writing an e-mail to posturalesisport@gmail.com. Once the days and hours are established, it is necessary to book the training session on the website: <https://inforyou.teamsystem.com/sisport/>

		Total	Employee (and family) Stellantis - Cnhl - Iveco Group
1 session	6 months validity from the purchase date	45,00 €	32,00 €
5 sessions	12 months validity from the purchase date	203,00 €	145,00 €

PAYMENT AND MEMBERSHIP

Enrollment Centre

Via Pier Domenico Olivero, 40. The centre is open from Monday to Friday from 9:00 to 19:00, the access is by appointment only and it can be booked here <https://inforyou.teamsystem.com/sisport/> or by writing an e-mail to sisport@stellantis.com.

Membership Fee

€ 20 - validity from 01/09/2022 to 31/08/2023

Enrollment's Documents

- The original Competitive Sport Medical Certificate. The certificate must be valid, properly signed and stamped by the doctor. Children under the age of 6 are excluded from this requirement.
- Badge Stellantis - CNHi- Iveco Group to obtain the discounted prices.
- Tax code of the participant and the person who pays (in order to meet the tax deduction's requirements provided for sport expenses for children under the age of 18)

Discounts and Promotions

- Promotions Family Unit: 10% discount for the second member of the family and a 20% for the third member.
The discount can be applied to memberships with a value higher than 80 € and that are active simultaneously.
- Promotion Second Activity: 10% discount on memberships higher than 80 €
- Renewal discount: 10% discount for annual or seasonal memberships' renewal of the 2021/2022 Season. THE DISCOUNTS CANNOT BE CUMULATED.