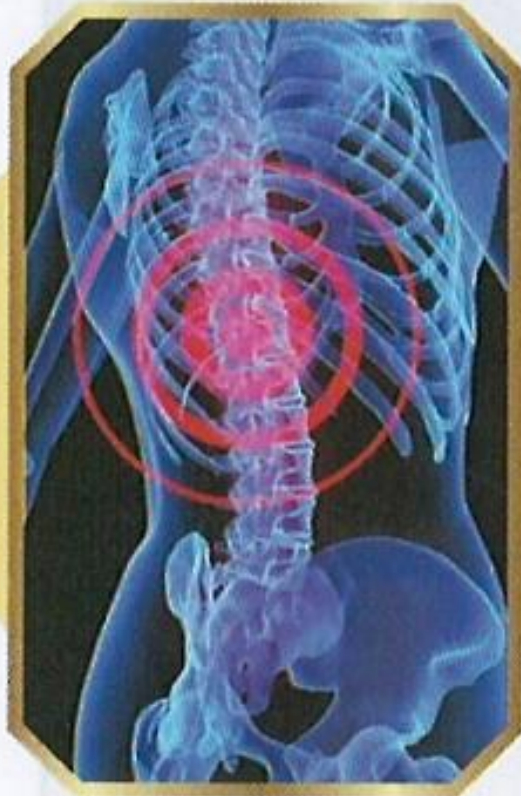


MUSCLE UP

Did you know chronic back pain associated with conditions like degenerative discs, slipped discs and spondylosis are



manageable? Non-invasive treatments such as massage or using heat/electrical modalities and traction can make a difference for some.

But according to the experts at **MARK & JOKO**, that is not enough! You need to make a few tweaks to your lifestyle if you

want to curb pain effectively. Observing good posture, a healthy nutritional intake, building stronger muscles and a better 'body awareness' are great ways to get started. Looking for more guidance? Visit *Mark & Joko*, where their personalised and integrative training, combining physiotherapy, Pilates and strength and conditioning, assist you in your journey to living a pain-free life.

INFORMATION 96 Owen Road, #01-02
Tel: 8223 7914, www.markjoko.sg