

An Introduction to Self-Care Techniques for Hip Mobility

A Free Workshop!

Do you sit a lot during the day?
Do you experience low back or knee
pain?

You may suffer from poor hip mobility
and a weakened posterior chain of hip
extensor muscles.

This 1-hour workshop will help start
you on your way toward living with
decreased pain and increased vitality!



Shari Russell, CPT LMT

As a Certified Personal Trainer and Licensed Massage Therapist, Shari Russell is one of San Diego's elite fitness professionals and healthy lifestyle specialists. She has been changing people's lives since 1995. As an avid sport and fitness athlete, Shari 'walks the talk' and provides private personal training and therapeutic bodywork services to athletes of all levels.

"To me, everyone is an athlete and I am here to help them discover ways in which to increase their performance in their sports and life."

Increasing hip mobility will improve your relationship with the rest of your body. The hips are the most common sites of decreased mobility in most people. This means many of us are walking around with a multitude of overcompensation dysfunctions. Improving hip mobility won't fix every pain you're experiencing, but it will eliminate a major stressor on your system as a whole and allow you to focus on proper functional movement.

**The Sporting Club
at Aventine
8930 University Center Lane
San Diego, CA 92122**

**Saturday, December 11
12-1pm**

**Reservations Required
858.552.8000**

Workout attire recommended