

STAR Qualified Trainer***Simple Solutions to a Complicated Problem!*****SPARCS 1: Active Stretching™ and 3-Point Positioning System
March 8th and 9th 2016!**

ABOUT TIPS: Tailored Injury Prevention Solutions, Inc. (TIPS) has been providing soft tissue injury prevention and recovery solutions since 1994. We provide simple, sustainable training and tools for injury prevention that can be customized to the specific needs of any industry. Our solution strategy for soft tissue injuries revolves around the ability to sell safety so that your employees want to buy it and make it their own.

PRESENTED BY: Maria Sall, CEO, TIPS Inc.



Maria holds a degree in Exercise Physiology with a minor in Nutrition. After her time in the Army National Guard Maria worked in the health and fitness field, physical therapy and outpatient rehabilitation clinics. She served as the director for three outpatient rehabilitation facilities and has created more than 20 videos for industrial use. She is an active member of Rotary and works with the STRIVE and Ethics programs at the Rogers High School. Maria has trained employees, trainers and leaders in manufacturing, energy, transportation, health care, emergency services, food and construction industries and has presented at national and regional conferences across the

USA

COURSE DESCRIPTION: TIPS Active Stretching™ is a fully developed and tested stretching program that gets approximately 594 muscles warmed up, stretched out and ready for work. Compare this to stretching about 20 cold muscles with most programs and you will start to understand why our results are so profound. Add this to our TIPS exclusive 3-Point Positioning System and you will see why our program is the best in the business!

POSITIONING & FUNCTIONAL ADVANCEMENT TRAINING

The human body is an amazing instrument. All of our movements, job tasks, hobbies and chores rely on the movement of the body. If we are using our body correctly, these movements increase the strength, flexibility and functionality of the body. If we are using our bodies incorrectly (bad postures, bad positioning) we are susceptible to decreases in strength, flexibility and functionality. This presentation will teach you how to use your body without using it up!



COURSE OBJECTIVES:

- Safely and confidently lead groups in TIPS Active Stretching™.
- Empower your employee groups in the use of TIPS 3-Point Positioning™ System.
- Sell safety and movement behavior change
- Understand the simple complexity of human movement
- Identify corrections that lead to significant changes in physical performance
- Apply TIPS change formula for global soft tissue injury prevention
- Recognize root cause contributors to soft tissue injury
- Gain employee involvement at all levels of your organization
- Develop a healthy work culture.
- Gain visible results in your employee population.
- Develop a success plan for your company's safety program.
- Have an experienced coach and a methodical approach to help you roll-out your soft tissue injury prevention program.
- Utilize SPARCS 1 tools to create the repetition necessary for training adherence and effectiveness.
- Add the fun factor!

*Simple Solutions to a
Complicated Problem!*

WHAT ELSE YOU NEED TO KNOW: Training is dynamic and interactive, so casual clothing you can move and bend in is recommended.



“Our passion is driving success for every person and every company that we work with. That means training with your needs and language in mind to support habit and behavior change until it is self-sustaining. We drive your success through simple solutions and success steps that build on each other to change your injury experience. The change we drive is not only physical, it is the whole company culture and each person we seek to inspire and empower.”

~ Maria Sall

© 2015 Tailored Injury Prevention Solutions, Inc. All Rights Reserved. This material contains the valuable proprietary information of Tailored Injury Prevention Solutions, Inc. and may not be reproduced, distributed, used, or transferred in whole or in part in any manner without the prior written consent of said Tailored Injury Prevention Solutions, Inc.

21010 Commerce Boulevard, Suite B • Rogers, MN 55374 • P: 763-428-9280 • E: info@TIPSPrevention.com • W: tipsprevention.com

Health & Safety @ Work

