



Brockes Body Works

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Jeff Brockes is certified by the C.H.E.K. Institute to perform extensive assessments. Jeff will now be performing these assessments here at Sweat in the Physical Therapy room upstairs.

These assessments are critical in designing effective corrective and performance enhancing programs for individuals at any fitness level.

What is a C.H.E.K. Assessment?

A C.H.E.K. Assessment incorporates different techniques and tools to measure any malalignments (posture), evaluate length-tension imbalances (e.g., posterior or anterior pelvic tilts), test core strength and stability, and determine physiological stress loads.

Why do "I" need a C.H.E.K. Assessment?

A C.H.E.K. Assessment will help you and your trainer determine what corrective mobilizations, stretches and exercises to perform. This will help prevent or correct any injury, poor posture or imbalances. In other words, this will help you feel better all of the time, and will allow you to achieve peak performance. Whether your goal is better performance in sport, eliminating back pain, or just feeling more energetic and healthy throughout the day, this assessment is a fundamental first step. This will optimize your current training program to produce more individualized goals and maximize your results.

How do I get a C.H.E.K. Assessment?

You or your trainer can contact Jeff to set up an appointment. The assessment will take approximately two hours to complete. Jeff will work with you or your trainer to develop your specialized program.

Contact Jeff today if you want to learn more about this truly unique approach to health and fitness.