

# BIOKINETICS



Life through movement



## BIOKINETICISTS CAN:

Evaluate and measure:

- Body Posture
- Body Composition
- Heart Rate
- Blood Pressure
- Blood Glucose
- Cholesterol level
- Lung Function
- Physical Fitness
- Muscle Strength
- Endurance
- Power
- Flexibility
- Health Screenings

## WHAT IS A BIOKINETICIST?

We are healthcare professionals, registered with the Health Professions Council of South Africa.

Qualified in exercise prescription and rehabilitation.

## WHY SHOULD YOU CONSULT A BIOKINETICIST?

We play an important role in your rehabilitation  
We're experts in prescribing scientifically based exercise programmes  
Through regular health-risk screenings, we may reduce your risk of developing clinical conditions.



**JOHANNES JANSE VAN RENSBURG**  
**BIOKINETICISTS**  
EXERCISE | REHAB | SPORT SCIENCE



Practice number: 0076279

📍 Virgin Active Tygervalley | Intercare Tygervalley | Fitbox Durbell  
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# LIFE THROUGH MOVEMENT

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## HELP US HELP YOU KEEP MOVING

### When to consult a Biokineticist?

If you:

Need sport specific training

Suffer from a chronic disease.

Suffer from an orthopaedic condition influencing your quality of life.

Had surgery.

Suffered an injury that continues to hamper your abilities.

Have recurring sport injuries.

Require a weight management programme.

Need to increase your physical fitness.

Need to improve your general physical abilities.

For more information or bookings, contact **JJVR Biokineticists** at:

**082 408 5281**

**[jjvrbio@gmail.com](mailto:jjvrbio@gmail.com)**

Or pop in at:

**Virgin Active Tygervally**

**Intercare Tygervally**

**FitBox DurBell**

