



## BACK TO ACTIVE LIFE

*Be your best at every age*

### ROYAL SPORTS PERFORMANCE CENTRE

- Clinic & Family Medicine
- Medical Concierge Services
- Sports Medicine
- Sports Orthopedic & Arthroscopic Surgery
- Sports Physiotherapy
- Sports Medicine Gym
- Nutritionist & Healthy Catering
- Sports Massage
- Sports Psychology
- Cryotherapy
- IV Bar

**Book your consultation today  
(08 1111 8 7772)**

**Senayan City B2-0  
Jl. Asia Afrika Lot 19**



## BACK TO ACTIVE LIFE

As we age, our muscle mass begins to decrease. When we enter our forties, adults can lose 3-5% of muscle mass with each subsequent decade of life. Muscle is essential to our balance and bone strength. Without it, our mobility and independence is compromised.

Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits. Regular exercise reduces the risk of chronic diseases, lowers the chance of injury, improve mood, and reduce the risk of cognitive decline.

Royal Sports Performance Centre team of medical specialists will help you return to being physically active, safely, with a comfortable pace, along with achievable timely milestones.

### Back to Active Life Program combines:

- Exercise program by Sports Medicine Specialist
- Nutrition and Healthy Catering
- Special Diet Catering
- Sports Psychology
- Lab & Radiology diagnostics
- Sports Physiotherapy
- Sports Massage
- IV Health and Wellness Treatment
- Sports Gym
- Acupuncture



### The Team That Takes You To The Finish Line

- Orthopedic (Sports) Specialists
- Orthopedics (Spine) Specialist
- Sports Medicine Specialist
- Family Medicine Specialist
- Occupational Specialist
- Acupuncturist
- Emergency Care Trauma team & Ambulatory services
- Physiotherapists
- Nutritionist
- Internal Medicine
- Cardiovascular Specialist
- Pulmonary Specialist

**BOOK YOUR CONSULTATION TODAY**