

## WHAT MAKES A CORPORATE CHAMPION?



“ In developing the Virgin business, our enemy has always been convention. At Virgin, we firmly believe that convention is the enemy of progress. It stifles creativity and innovation. It hinders success and destroys a sense of adventure. ”

Sir Richard Branson & Prof Allan Snyder FRS

You are invited to attend an exclusive session with Professor Snyder to learn how to inculcate the Champion Mindset in your organisation.



Venue  
JetQuay, CIP Terminal  
Changi International Airport

Name, designation, company and your contact details. You

[www.verve.com.sg/MC/CW](http://www.verve.com.sg/MC/CW)  
[www.verve.com.sg](http://www.verve.com.sg)

Special offers for groups of 5 or more. To have a limousine to the event, please contact us by Thursday, 12 July 2007.

6728 3863

## An Exclusive Invitation

MindChamps and Verve MPR, in association with JetQuay, are pleased to offer you,

an exclusive invitation to a special session with the world renowned and prize winning scientist, Professor Allan Snyder FRS with Mr David Chiem, expert trainer in Champion Mindset, Founder & CEO of MindChamps. You will also receive a complimentary pass to the JetQuay CIP Terminal on your next passage through Changi Terminal.

Professor Allan Snyder FRS will share years of extensive research and insight into the Champion Mindset, and how you can inculcate it in your organisation. This is a rare opportunity for you to meet a Fellow of the Royal Society (the prestigious academy of science that counts Sir Isaac Newton and Albert Einstein as its distinguished Fellows).

"The characteristic of champions is they seem to abhor being just ordinary," says Professor Snyder. "They like differentiating themselves from others in everything they do. They strike out with their own brand."

Professor Snyder's research has shown that the Champion Mindset can be learned. What can you expect to gain from this exclusive session?

- The capacity to break free from the limitations of the 'existing mindset'.
- The facility to tap into unlimited creativity in order to increase productivity.
- The ability to build and create a Champion Team.

In an ever-more-competitive environment, what organisation can afford not to give this edge to their team. If you are a CEO, CFO or a top executive, do not miss this opportunity to give your organisation the leading edge over your competition. Register by emailing us your contact details to [register@verve.com.sg](mailto:register@verve.com.sg).

THE CHAMPION MINDSET

**bionic.**

CLIENT:  
MEDIUM:

VERVE MPR PTE LTD  
INVITATION CARD

sky pilates

Sky Pilates - Where Fitness meets Calm.



No Excuses. Tone Your Body!

**\$500** Jumpstart Package

Poor posture, overweight, jelly belly?

Our Jump Start programme will address these issues with a package of 3 Private One-on-One sessions, 5 Group Classes, a Fitness Evaluation and a Postural Analysis all for the special price of **\$500** (Usual Price \$600).

Sky Pilates has more specialty classes than any studio in town - Golfers, Osteolates, Teen, Pre and Post Natal group classes. We offer more than 40 classes, 7 days a week! Come check us out!

Tel 6100-SKYP (7597) www.skypilates.com.sg  
#05-03 Liat Tower (above Zara), 541 Orchard Road, Singapore 238881  
Parking is available on the same floor

sky pilates

Sky Pilates - Where



### Breathe Clean Air at Sky Pilates

Sky Pilates is a peaceful loft-style studio overlooking the treetops of Orchard Road where top-notch instructors teach private and group equipment classes.

Our teachers are the cream of the crop and are all certified to teach Pilates equipment work. We're believers in quality fitness, not mass mat exercise - we keep our classes small to give you the attention you deserve.

Sky Pilates has more specialty classes than any studio in town - with more than 40 classes, 7 days a week. Come check us out!

Feel Good, Look Better.

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Sky Pilates - Where Fitness meets Calm.



New Year, New Body!

**\$500** Jumpstart Your Way To Fitness

Poor posture, overweight, jelly belly? Our Jump Start programme will address these issues with a package of 3 Private One-on-One sessions, 5 Group Classes, a Fitness Evaluation and a Postural Analysis all for the special price of **\$500** (Usual Price \$600).

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SKY PILATES  
MAGAZINE ADS

# Clinic Licence

A RECENT STUDY BY  
**REUTERS BUSINESS INSIGHTS**  
HIGHLIGHTED THREE GLOBAL  
CONSUMER MEGATRENDS:

- ▶ **CONVENIENCE**
- ▶ **HEALTH**
- ▶ **INDULGENCE**



## BloodScan™ *A Window to Your Health*

**BloodScan Asia Pte Ltd** is targeting the growing demand by consumers for convenient and effective solutions for feeling good, looking good, being fit and obtaining higher levels of wellness.

BloodScan™ operates in the rapidly developing wellness, aesthetics and medical markets. Core services include the provision of BloodScan™ testing and the implementation of treatment protocols. Our focus is on proactive people with high levels of discretionary spending.

BloodScan Asia Pte Ltd is in the process of establishing licences for its Patent Pending Technologies in Singapore and throughout the South East Asian Pacific region.

With an impressive executive team and the capability to deliver rapid replication of the services in new locations, BloodScan Asia Pte Ltd offers the opportunity for you to participate in this venture through our various licencing models.

# Clinic Licence



Give your group the **winning edge** in diagnostic technologies

Give your practice the opportunity to identify pre-clinical conditions and redirect your patients towards wellness



**BloodScan Asia Pte Ltd**  
51 Goldhill Plaza #12-11 Singapore 308900  
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To find out more about our various **BloodScan™** licencing models, call **(65) 8123 7337** today and be a part of this exciting venture.

**Global Corrective Chiropractic**

**CHIROPRACTIC.**  
BRAND NEW SOLUTIONS FOR AGE OLD PROBLEMS.

CHIROPRACTIC CAN BE EFFECTIVE FOR:

- ARTHRITIS & DEGENERATION
- BACK PAIN
- SLIPPED DISC
- NECK PAIN & STIFFNESS
- HEADACHE & MIGRAINE
- DIZZINESS & POOR BALANCE
- SLEEP DISORDERS
- SHOULDER PAIN
- NUMBNESS & TINGLING
- TIREDNESS & FATIGUE
- MOOD CHANGES
- HIP, KNEE & ANKLE PAIN

ROYAL BROTHERS BUILDING  
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**Global Corrective Chiropractic**

**CHIROPRACTIC.**  
A SOLUTION FOR ALL AGES AND WALKS OF LIFE.

CHIROPRACTIC CAN BE EFFECTIVE FOR:

- BEDWETTING
- COLIC
- ASTHMA
- ALLERGIES
- SCOLIOSIS
- 'GROWING PAINS'
- HEADACHES
- LEARNING DIFFICULTIES
- ADDIADHD
- EAR INFECTIONS
- SPORTING INJURIES
- NECK & BACK PAIN

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**Global Corrective Chiropractic**

**STOP YOUR SUFFERING NOW!**

DO YOU SUFFER FROM THE FOLLOWING?

- SCOLIOSIS
- HEADACHE & MIGRAINE
- SINUS PROBLEMS
- NECK & BACK PAIN
- NUMBNESS & TINGLING
- SLIPPED DISC
- ARTHRITIS
- TIREDNESS & FATIGUE
- INSOMNIA
- HIP, KNEE & FOOT PAIN
- DEPRESSION

CHIROPRACTIC CAN OFFER YOU NATURAL AND DRUG-FREE RELIEF FROM THE EFFECTS OF THESE SYMPTOMS.

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## CHIROPRACTIC

A Natural Approach to Wellness

**CHIROPRACTIC.**  
BRAND NEW SOLUTIONS  
FOR AGE OLD PROBLEMS.



### DRUG-FREE RELIEF FOR:

- SCOLIOSIS
- HEADACHE & MIGRAINE
- SINUS PROBLEMS
- NECK & BACK PAIN
- NUMBNESS & TINGLING
- 'SLIPPED DISC'
- ARTHRITIS
- TIREDNESS & FATIGUE
- INSOMNIA
- HIP, KNEE & FOOT PAIN
- ADD/ADHD

Chiropractic is a unique healthcare specialty based on the fact that misalignment or altered function of the vertebrae interferes with the flow of information and energy through the spinal nerves and can dramatically affect the function of many different ways.

When a single vertebral vertebrae shifts out of place, it puts pressure on the spinal cord and spinal nerves, causing an interruption to the vital nerve flow within the body. These spinal misalignments are known as vertebral subluxations.

Since the entire nervous system carries or controls the body. Up to 90% of it can be heavily stressed or overloaded. No obvious pain or symptoms, but it affects overall health.

Chiropractic focus on improving the function of the spine, which helps to free the flow of information through the nervous system. This helps the body to optimize its functions, adapt to stress and heal itself. Through chiropractic care, many people naturally find relief from headaches, pains and symptoms of a huge range of conditions and become healthy and flexible.

Chiropractors are the only doctors in the world that are specialised in the detection, correction and prevention of vertebral subluxations.

### POSTURE EQUALS GOOD HEALTH

*When posture is poor, then the spine is out of balance, putting unhealthy pressure upon your nervous system. This can lead to more obvious traumas like personal, work or emotional stress, work or sporting injuries and the birth process can result in spinal imbalance.*

*Posture is the most important factor affecting overall health. In order to have the best possible health, your spine has to be in the best condition.*



## SUBLUXATIONS

What Are They, and What Causes Them?

A vertebral subluxation is an area of altered spinal motion, tension or misalignment that interferes with the flow of information and energy throughout the nervous system. Most subluxations exist without obvious spinal pain or discomfort. The causes of subluxations can be classified into three main types of stress:



### PHYSICAL STRESS

Injuries, accidents, slips, falls, the birth process, prolonged 'abnormal' postures or even subtle repetitive movements.



### MENTAL AND EMOTIONAL STRESS

Upsets, arguments, personal traumas, work pressure, relationship issues, life or career changes.



### CHEMICAL STRESS

Toxins, additives and chemicals used in food production, cigarette smoking, medications and other pollutants in our environment.

### SOME POSSIBLE EFFECTS OF SUBLUXATION

- Poor posture and scoliosis
- Lower back pain and sciatica
- Shoulder and neck pain
- Muscle tension and stiffness
- Headaches, migraines and dizziness
- Spinal degeneration and 'slipped disc'
- Numbness and tingling
- Poor flexibility and balance
- Weak muscle strength and poor coordination
- Fatigue and low energy levels
- Learning difficulties and poor concentration
- Asthma, allergies and sinus problems
- Difficulty sleeping
- Irritability and depression

### BENEFITS OF CHIROPRACTIC

**Chiropractic is safe, gentle, and effective.**

It is the fastest growing drugless health profession today with over 60,000 chiropractors worldwide, serving over 2,000,000 people every day. People who are under regular chiropractic care are among the healthiest people in the world, needing much less medication, hospitalisation, and even fewer doctor visits.

**Chiropractic works for all ages and walks of life.**

The inner power source that made the body within nine months is the same power that heals. It is common to see whole families choosing chiropractic care because no one is ever too young or too old to obtain a healthy nervous system for life.

Come visit us at Global Corrective Chiropractic today!

