



PREVENT DROP OUTS

SAVE THOUSANDS

with Octopus Clinic



Video Content

Training advice,
nutrition, exercises,
injury management



Live Q&A

Weekly sessions
answering questions
on training, nutrition
and injuries



E-Physio

Individualized advice on
injury & stress
management, nutrition &
rehab exercise prescription



Video Consultations

Discounted diagnosis and
treatment with specialist
running physios



Exercise Video Library

Over 100 exercises &
stretches for strength,
mobility & injury
management



Newsletter & website content

Written and video content
to inform & motivate

WWW.OCTOPUSCLINIC.COM