

KAMLOOPS
ACTIVE HEALTH
 chiropractic • rehabilitation • massage

KINESIOLOGY AT KAH

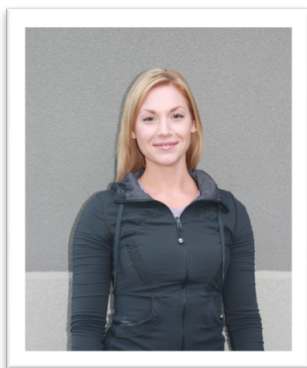
Welcome Heidi Von Schoening and Virginia Van Kampen!

ABOUT KINESIOLOGY

Kinesiologists are exercise and rehabilitation specialists. They design and implement exercise programs to rehabilitate injuries or to help achieve optimal health and function. They also do ergonomic and workplace assessments to prevent injury or assist with return-to work programs. They can help with **ICBC claims, WCB claims, shoulder injuries, knee injuries, low back pain, core strength, sports training, posture, postnatal care and more!**

Sessions with our kinesiologists include a full assessment of your posture, body movements, and area of injury/pain, an individualized exercise/rehab program, and implementation and supervision of that program.

Ask us for more information about Kinesiology training sessions and packages and to schedule an assessment!



VIRGINIA VAN KAMPEN B.H.KIN, CSEP-CPT

Virginia was born in Kamloops and raised on a family ranch just outside of the city in Monte Creek. She has always led a very active lifestyle, playing a variety of sports throughout her childhood and teenage years.

Virginia then lived back and forth between Vancouver and Kamloops for a few years before moving to Kelowna to complete her bachelor of Human Kinetics at the University of British Columbia Okanagan. She is also a CSEP-certified personal trainer and is working towards becoming a certified strength and conditioning specialist.

Health and wellness is a huge part of Virginia's life. She particularly loves running, weight lifting, hiking and kickboxing. Her objective is to help clients maximize their potential and reach their goals through exercise, mobility, and active rehabilitation programs.



HEIDI VON SCHOENING, BPE

Heidi was born and raised in Alberta and completed her Bachelor of Kinesiology degree at the University of Calgary. While in Calgary, Heidi played rugby for 12 years, representing Canada in two World Cups. She also competed internationally on the Canadian Women's Bobsleigh team.

Heidi is a practicing kinesiologist recognized by the British Columbia Association of Kinesiologists (BCAK). She works in the fields of rehabilitation, disability management and personal/occupational injury prevention and specializes in musculoskeletal rehabilitation. Heidi has worked as an athletic therapist with several teams including Canada's National bobsleigh team and in the BC Bike Race.

Heidi combines 15 years experience in assessment, exercise programming and ergonomics to create effective, functional programs to keep patients active and minimize pain. Heidi believes in a holistic and active approach to patient care: educating, empowering and motivating patients to take an active role in their health.

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