

Welcome To The Community <p>If you are here for the first time, welcome! I share my thoughts and perspectives on health, fitness, and other assorted topics along the way. Sometimes, I will provide ideas on how to solve a problem - be it through coaching, physical therapy, or education. Other times, I will share a personal story or two ... since life is all about the "big picture" isn't it? But perhaps most importantly, you will find a community of people like yourself that have shared visions and desires to make our world a better place. This all begins with health - and a new health ecosystem, an "operating system for health" if you will.</p>

A Quick Welcome Video I Am Glad You Are Here <p>My belief has always been that if you put good into the world, it comes back to you. I would suggest that about 80% of health and fitness issues can be resolved via having good, quality information and a support network and mentorship when needed. My belief has always been that I can share much of what I know for free, and that if you need more than that, then you'll likely want to pay for the extra help. You'll find lots and lots of free information that should prove useful to you. If you ever get stuck or have a question, don't hesitate to contact me and ask.</p>

<p>Because this is my personal blog and website, I reserve the right to talk about any old thing as it comes along. Believe me. You'll enjoy that, too.</p>

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Quick Start Guide <p>Blogs: For some reading material, I have two blogs: Smart Physio and Rhubarb Diaries. Maybe you will want to start with the Best Of The Blogs to get a taste of both of them.</p>

<p>Services: If you would like to learn more about the Smart Life Project and all of its related services, click here. More specifically, if you are looking for information on ...</p>

<p> physiotherapy services (including clinician mentorship) - Smart Physio sport performance and coaching services (including athlete and coach mentorship) - Smart Sport health mentoring and educational programs - Smart Life Institute </p>

<p>Content And Creativity: If you would like to learn more about Mobius Intermedia, the home of all my other creative ventures (freelance writing, photography, and others), click here.</p>

<p>Community: You can become a part of the community and participate in lots of great discussion in the forums.<p>Free Updates: Why not take the first step and subscribe to my blog and newsletter? Here are 7 reasons to subscribe.</p>

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<p>Bio: You can read more about the man behind this website here.</p> <p>I hope you enjoy your time here, and if there is any way I can help make the experience better, you let me know!</p> <p>--- Allan</p>