



BODY FIRST
WELLNESS CENTRE

2025

Your Ultimate Movement Guide

Dr. Amir Shafiq

CALL US AT [647-951-1114](tel:647-951-1114) TO BOOK A FREE CONSULTATION

About Dr. Amir



Contact Us

Location: 4865 Sheppard
Ave E Unit - 3 & 9,
Scarborough, ON M1S 3V8

Hours: 10am to 8pm

Phone: (647) 951-1114

Website: bodyfirstwc.com/

Dr. Amir Shafaie, DC

Dr. Amir Shafaie is a chiropractor, personal trainer, and health coach with over a decade of experience helping individuals recover from injuries, improve mobility, and optimize their overall health. He holds a Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College and a Bachelor of Science in Human Biology and Nutrition from the University of Toronto, graduating with High Distinction. In addition to his formal education, Dr. Amir has completed numerous certifications and is an expert in human biomechanics.

He employs a range of evidence-based techniques, including chiropractic adjustments, medical acupuncture, soft tissue therapy, fascial stretching, cupping, movement reprogramming, and exercise therapy. His goal is to provide sustainable solutions, minimizing the risk of relapse and enhancing long-term well-being.

Additional *Services*



At Body First Wellness Centre, our goal is to support your overall health and well-being.

Through a variety of complementary therapies, we aim to provide comprehensive care that meets your unique needs.

Our team offers personalized wellness plans to ensure you receive tailored solutions for your journey to optimal health. Explore the services we provide:

►► **Physiotherapy**

Support your body's natural healing process and balance energy with Traditional Chinese Medicine acupuncture.

►► **Massage Therapy**

Address injuries, improve mobility, and strengthen your body with evidence-based physiotherapy treatments.

►► **Acupuncture**

Relieve tension, reduce stress, and promote relaxation with therapeutic massage techniques.

►► **Osteopathy**

Improve mobility and overall function with holistic, hands-on osteopathic techniques.

►► **Naturopathy**

Focus on supporting the body's innate ability to heal using natural therapies.

Your Ultimate Movement Guide

Master the six primal movements to build strength, enhance function, and ensure longevity. These essentials boost efficiency, resilience, and performance, whether you're an athlete or aiming for a pain-free, active life. Unlock your potential and move better with expert guidance.

The Six Primal Movements



1- Standing Squat

Stand tall with feet shoulder-width apart, toes slightly out. Extend arms forward at shoulder height for balance. Push hips back, bend knees, and lower into a squat while keeping your chest upright and back neutral. Go as low as comfortable, ideally until thighs are parallel to the floor. Press through your heels to stand, ensuring knees don't collapse inward. This strengthens the lower body, enhances stability, and promotes proper squat mechanics.

2- Kneeling Hinge

Start in a tall kneeling position, knees hip-width apart, torso upright. Place hands on your hips or extend them forward for balance. Keeping your back straight and core engaged, shift your hips back (not down) toward your heels, feeling a stretch in your hamstrings and glutes. Reverse the motion by driving your hips forward to return upright. This strengthens the posterior chain and builds a foundation for hip-dominant movements.



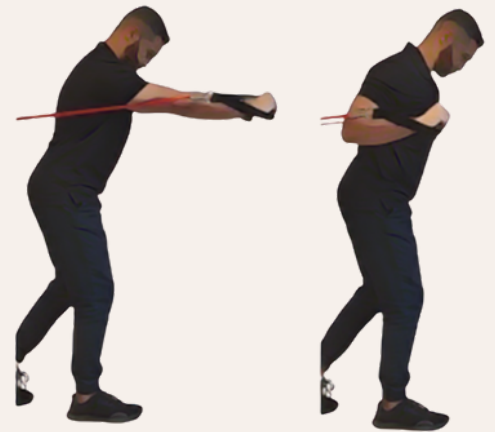
3- Stationary Lunge



Stand tall in front of a sturdy block or step. Place one foot on the block, keeping the other foot behind on the floor. Lower your back knee toward the ground, ensuring your front knee stays over your ankle and your torso stays upright. Stop before your back knee touches the floor, then press through your front foot to return to standing. Switch legs after your reps. This exercise builds single-leg strength, balance, and hip mobility.

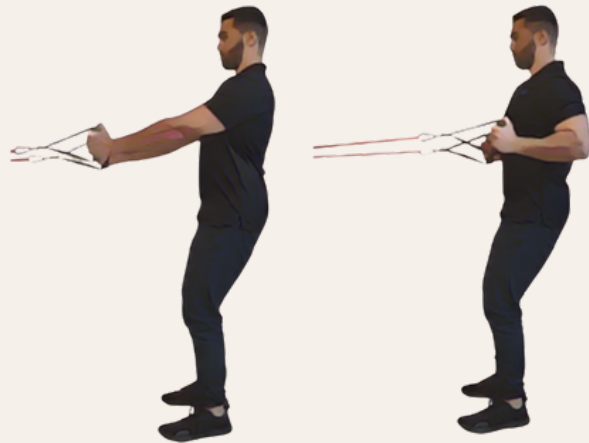
4- Standing Press

Anchor a resistance band at shoulder height and face away from the anchor. Hold the handles at shoulder level, palms forward. Step into a staggered stance for stability. Press the band forward until your arms are fully extended, keeping your core engaged to prevent leaning or twisting. Slowly return to the start. This exercise strengthens your upper body and challenges core stability against rotational forces.



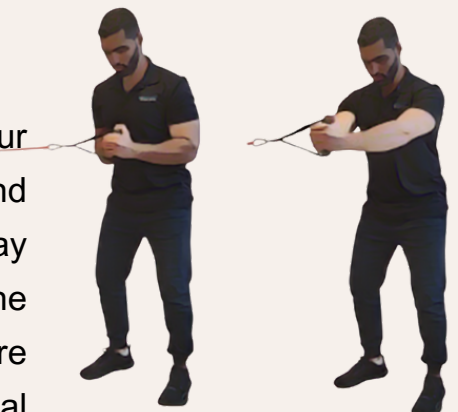
5- Standing Row

Anchor a resistance band at chest height and face the anchor. Hold the handles with arms extended, palms facing each other. Step back to create tension, feet hip-width apart. Pull the handles toward your torso, keeping elbows close and squeezing your shoulder blades together. Slowly return to start. This exercise strengthens the back, improves posture, and reinforces pulling mechanics.

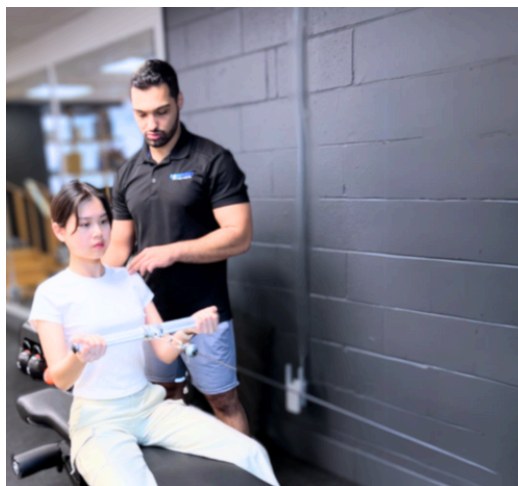


6- Standing Anti-Rotation Press

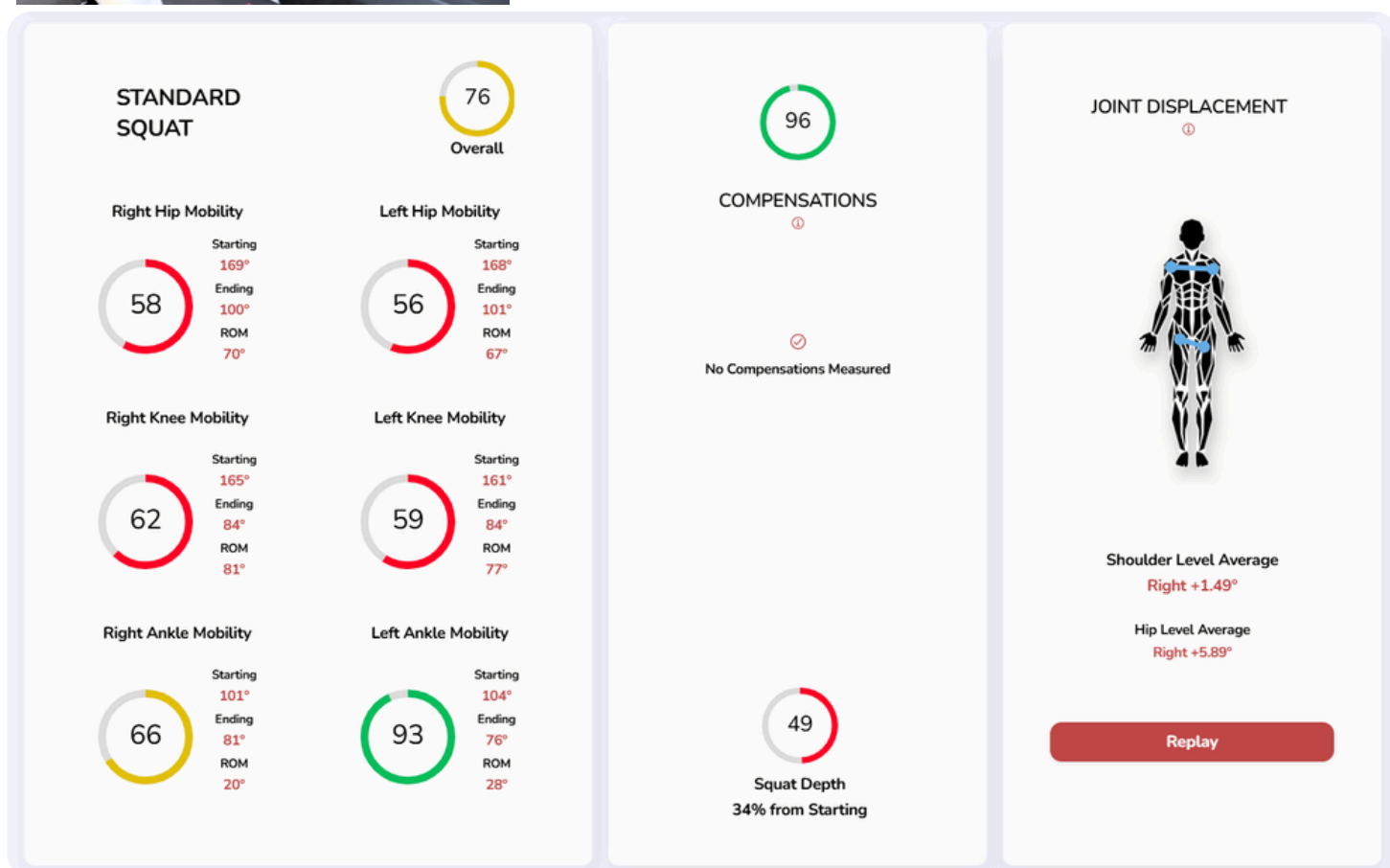
To master twisting, stabilize your lower back and twist from your torso or hips. Anchor a resistance band at chest height, stand perpendicular to it, and hold the handle at your chest. Step away to create tension. Press the handle straight out, resisting the band's pull, then return slowly. Complete reps on one side before switching. This improves core stability and resists rotational forces for functional movement.



GET YOUR COMPREHENSIVE MOVEMENT ASSESSMENT AND PERSONALIZED TREATMENT PLAN



Our full biomechanical assessment uses cutting-edge technology to provide precise insights into your movement and performance. By analyzing your unique movement patterns, we develop a customized plan to improve stability, enhance mobility, and optimize strength through targeted exercises, movement coaching, and manual therapy. This eliminates guesswork, ensuring efficient progress and long-term results.



What to Expect in Your Session

During your session, we will assess six key movements, each offering valuable insights into your body's mechanics, mobility, and strength. These evaluations highlight areas of opportunity, forming the foundation of a personalized plan to help you move and perform better.

Prepare for *Your Session*

The Six Assessments



Squat

Reveals hip activation, weight distribution, and mobility to identify areas for strength improvement.



Hinge

Examines hamstring mobility and back stability to reduce pain and build power.



Overhead Press

Tests shoulder mobility and strength to improve upper body function.



Balance

Focuses on core stability and control to enhance steadiness in movement and posture.



Jump Assessment

Assesses landing mechanics to improve resilience and prevent injuries.



Lunge Assessment

Improve mobility and overall function with holistic, hands-on osteopathic techniques.



BODY FIRST
WELLNESS CENTRE

Start your journey to better health today!

Explore how Dr. Amir can support your health journey with a free 15-minute consultation. Don't wait—take the first step towards better health today!

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FREE CONSULTATION

if you have any question, call us at:  (647) 951-1114

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