

Fredrik Quénard – Médecin-Dentiste SVM D SSO



“I was a busy dentist, I was working too much, eating poorly, and I had chronic back pain. After a decade of practice I knew I needed to change if I wanted to stay healthy.

Then I met Mark and I asked what he could recommend to relieve my back pain. His contribution soon exceeded my expectations, because he has a very high level of integrity that leads him to always explain the scientific evidence that supports his recommendations.

We discussed a program that could fit my schedule and I chose to focus on cardiovascular work, flexibility and upper and lower body strength training with exercises that I could practice at home or while travelling, independently away from the gym.

I learnt to exercise smarter, not harder.

Mark confirmed some of my beliefs and corrected others concerning my nutrition. The outcome is that my body now fully supports me both professionally and while playing my favourite sports. Mark has also taught me about time management, which has enabled me to simultaneously start my own practice, follow a postgraduate programme in new dental technology and increase the time spent with my family.

I’m able to cope with more stress without distress, and enjoy it. People close to me have noticed that I can allocate them more time. I’m proud of what I’ve achieved and I acknowledge Mark for making it look so easy with his kindness, sense of humour and for never buying my excuses!”

Quénard Fredrik & Chi Cabinet Dentaire

Fredrik Quénard

Profession

Dentist SVM D SSO

Requirements

A holistic approach to health management including physical activity, nutrition, back care and time management.

MG Business Health Solutions

- Senior executive health management coaching program.

Participants

Fredrik Quénard

Outcome

Better understanding and application of nutrition and exercise principles plus time management techniques. A back care rehab strengthening and flexibility program with no further pain experienced.