

Disclosures And Relationships:

I am Founder and Director of [Smart Sport International](#) , a company that provides physiotherapy (physical therapy), individualized and group coaching and mentoring services.

I am Founder and Director of the [Smart Life Project](#) , a health initiative that provides sports science solutions for training, rehab, and life.

I am the author of ["RunSmart: A Comprehensive Approach To Injury-Free Running"](#) . This book was first published in 2008, though it has its roots back in 1992!

I sometimes use Amazon Affiliate links to point to books or music that I suggest. You can find these in my ["A-List"](#) store.

I am not an affiliate with any other programs at this current time.

I reserve the right to try out advertising on his site. Should you find an ad on the site, you can be certain that I personally endorse that product and I believe that it has value to the community.

Acknowledgements:

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