

Growing Pains in Children

What are Growing Pains?

Unknown ankle and foot pain in children are commonly considered “growing pains”. The reference to “growing pains” relates to an unknown and harmless condition affecting between 10 to 20 percent of children. Growing pain in children is a pain syndrome more often affecting the legs and occurs in children aged two and twelve although, most commonly known to occur between ages of eight and twelve.

More importantly, each child will move through their own individual stages of development and at their own pace. Most commonly, occurring in both legs, growing pain affects the thighs and calves although these unknown conditions can occur in one leg at a time. Pain often occurs at night, is often achy or sharp and usually affects both legs.

What Causes Growing Pains in Children?

No one is certain about the causes of growing pain and there is no evidence shown that growing pain is related to bone growth. It's more than likely, growing pain is caused by the overuse of leg muscles which can be a referred pain coming from bone growth centres that occur when kids are active.

Rapid Growth and Growing Pains?

Symptoms of pain in legs, thighs and feet seem to be the growth itself that causes the pain. More than likely it is the stress impacting on these areas. Due to a lack of evidence, the answer can be complicated by other symptoms or conditions although, children do have periods of rapid growth and pain can be associated with the growth centres.

Three Groups of Children Get Growing Pains?

The first group are children who are very active. In fact, [over 78% of children's growing pains commonly occur after exercise](#). As a result, growing pains are more likely to occur in children who have flat feet or in kids who are overweight.

When determining treatment for your children's feet we firstly evaluate whether there is a mechanical problem causing your child's growing pains.

The second group for example, are children who have flat feet and may develop growing pains from the overuse of the muscles on the medial or inside of the leg and are over compensating to support their flat feet.

The third group of children are when other mechanical problems occur besides flat feet. This third group which mechanical problems can also experience growing pains and be treated with customised orthotic therapy solution.

More Serious Problems

If your child is experiencing pain in the legs thighs or feet may be due to more serious problems and will need to be evaluated. As a precaution, the following symptoms may be a sign of conditions not related to growing pains and may be symptoms of a more serious nature.

If your child is experiencing these symptoms, please see a podiatrist to have them evaluated.

- Ongoing Pain that lasts all day
- Weakness
- Redness
- Swelling
- Limping

Does your child experience symptoms of growing pains?

Call our friendly podiatrist or book an appointment online. We specialise in the treatment of children's foot problems.

Reference:

Source: Kaspiris A. Growing pains in children: epidemiological analysis in a Mediterranean population. Joint Bone Spine. 2009 Oct;76(5):486-90. Epub 2009 Sep 29.

Plagium checked 62 sentences and found 40 documents that have been analyzed and compared to the text you have submitted. However they do not make use of the text that you entered.



Custom Orthotics Guide

This article is created to draw prospective clients that are searching for solutions for orthotics. Liberty Marketing has researched the most searched questions on the internet and search engines are looking for a match to their query and buyer intent.

Seed Keyword Questions.

how are custom orthotics made

where to get custom orthotics

can custom orthotics cause knee or other joint pain

are custom orthotics necessary

do custom orthotics wear out

do custom orthotics work

Custom Orthotics Guide

There is a time-tested and dependable quote from the Greek Philosopher Plato; “A good decision is based on knowledge and not numbers”. Making the right decision on custom orthotics is exactly the same!

The disappointment in your new orthotics not measuring up to what they meant to do is a great source of frustration and disappointment.

The right choice is to make an educated decision and buy higher quality orthotics that lasts 2 or 3 times longer and actually serves the purpose they are designed for. Essendon Podiatry Clinic answers 6 of the most common, custom orthotics questions:

Do Custom Orthotics Work?

Indeed, custom orthotics do work, but you need to find a good podiatrist. Not all podiatrists offer high quality orthotics, so you need to understand the difference between properly prescribed orthotics and inferior low-cost orthotics.

Are Custom Orthotics Necessary?

Orthoses are custom designed to address the person’s particular foot problems. There is a wide range of conditions where orthotics can help and only a trained podiatrist with extensive knowledge can assess each specific condition. Below are 7 common recurring conditions custom orthotics can help manage and correct.

- Corns and calluses
- Foot ulceration
- Tendonitis
- Recurrent ankle sprains
- Heel pain
- Recurrent stress fractures of foot and leg bones.
- Front of knee pain

Can Custom Orthotics Cause Knee or Other Joint Pain?

Poorly prescribed orthotics can cause knee or other joint pain. For example, when your foot pronates too far, it may cause your lower leg and knee to rotate internally.

This will cause knee pain and you should have your orthotics reviewed. Our carefully designed orthotics will prevent your foot from improperly pronating. The design of your custom orthotics improves your knee's alignment to prevent knee pain.

A good podiatrist is hard to find, so you should only use a podiatrist that has proper training and a long history of working with orthotics.

How Are Custom Orthotics Made?

Custom orthotics are prescription only devices made specifically for the individual person and they relate to the unique conditions pertaining to the individual's foot pathology and structure.

The orthotics exactly match the contours of the feet, to support and provide corrective motion or movement when walking or running.

Your foot orthotics also provide comfort for every day walking and are specifically designed for athletes who need foot support when running or competing in sport.

Once a podiatrist has conducted a complete evaluation of your feet, a computer-generated mould of your foot is manufactured with a variety of materials, to accommodate your unique foot conditions, pathology and structure.

Do Custom Orthotics Wear Out?

Every person's orthotics will wear at different times and there is no specific date for expected decline in quality or effectiveness.

You will need to have your orthotics' reviewed and serviced every 6 months on average to decide whether or not your orthotics need to be replaced.

Just like shoes your orthotics will wear over time and proper foot alignment will prevent many re-occurring symptoms such as aches and pains associated with incorrect posture and gait.

Where to Buy Custom Orthotics?

You could be wasting your money buying custom arch supports that are available at your local shoe store or pharmacy! Prefabricated arch supports are generic by design and are basically pre-packaged arch fillers and not designed for an individual's prescribed foot condition.

In specific circumstances of sudden or acute onset of foot pain, you may consider a professional grade prefabricated device only available through your podiatrist.

With this in mind, a professional grade device is not only a timely and cost-effective solution to your foot pain, in many cases, professional grade prefabricated orthotics are an alternative treatment option if your foot type closely mirrors the general shape of the device.

Custom made orthotics are devices prescribed by a podiatrist and are designed for a variety of foot conditions. Custom orthotics are manufactured by design and can only be purchased through your podiatrist.

Your custom-made orthotics are covered by private health insurance and Medicare. For more information please book online or contact Essendon Podiatry Clinic.

Laser Therapy Treatment for Fungal Toenails

Chronic pain often accompanies a variety of illnesses, painful foot conditions, and injuries of the feet and ankles. One of the latest technologies that provides a beneficial solution for the treatment of fungal toenails is called [Laser Therapy Treatment](#).

Laser therapy is the latest treatment for fungal toenails that improves the appearance of your nails in many cases. Laser therapy is extremely effective and works by penetrating the nail plate destroying the infected fungus areas under the nail. This procedure is pain free and has no side effects more importantly for best results and for the best-looking toenails will occur with four laser therapy sessions and the use of our specific protocol.

However, patients need to understand that not all thick nails are the result of fungal toenail infections and laser therapy will work on nails with a fungal toenail infection. Make sure you're getting the right advice and book in to see your Podiatrist.

When you book in for an assessment with your Podiatrist they will diagnose a recommend treatment and prepare the nails or injury area for laser therapy if indicated. This appointment may take approximately 30 minutes and healthcare rebates are available.

Depending on the severity of the affected area treatments may vary in duration and number of visits. Your podiatrist will notify you on the number of laser therapy treatment sessions needed. Generally, 4 treatments are required.

What is laser treatment for the feet?

If this sounds like an intriguing prospect, it would be useful to understand more about laser treatment. The following are useful pieces of information about laser therapy.

Types of lasers

There are two types of lasers used in physical therapy: class 3 and class 4. Lasers that belong to the former possess a power of less than 500 milliwatts, while the latter types have a power of greater than 500 milliwatts. Class 3 lasers are also referred to as cold lasers and they are used for low-level laser therapy (LLLT). On the other hand, therapists use class 4 lasers to conduct high-power laser therapy (HPLT). It is important to distinguish between the two classes to know which one is more appropriate.

Analgesic properties

Laser beams have been found to decrease nerve sensitivity by reducing a pain-eliciting chemical called [bradykinin](#). HPLT can normalize ion channels and release endorphins to create pain-relieving properties. It can also induce pain-blocking effects to several nerve

fibers. Acute conditions should have the treatment administered as soon as possible. This will help reduce inflammation, induce the healing process, and help the body return to its normal state at a faster rate. A lot of injured athletes find this quality appealing.

Aesthetic applications

One of the most common applications of LLLT is as a treatment for [androgenetic alopecia](#). It refers to a progressive form of hair loss that is caused by dihydrotestosterone (DHT). Laser treatments remedy the problem by irradiating photons into the tissue and helping cells regain their former health. This allows hair follicles to regain their functionality.

Quick procedures

When it comes to discussing the actual process, it might surprise readers to know that it would only take a couple of minutes. It will usually last anywhere between 5 and 10 minutes depending on several variables. This makes laser therapy ideal for people with busy schedules.

Side effects

LLLT procedures involve no side effects because of the cold nature of the laser. The therapy is non-invasive and non-toxic. HLLT procedures are similarly safe, though patients might experience mild discomfort during the procedure. It is also possible to experience redness in the treated area, but this will disappear within hours after the treatment.

Administration locations

Podiatry clinics and physical therapy offices often have lasers for therapy purposes. The procedures are extremely popular among athletes. If one wishes to use it for a more specific purpose, further research is generally required.

This overview should give the readers an idea of what to expect from laser therapy and how to treat fungal toenails. However, it would be best to consult with your podiatrist to see whether it is appropriate for treating a specific condition.

If you would like to book an appointment, please contact our friendly staff or use our convenient online appointment booking system.

Plantar Fasciitis

Your Complete Guide to Plantar Fasciitis Treatment

One of the most common reasons why many patients visit the Essendon Podiatry Clinic with pain of arch or heel pain is a condition called plantar fasciitis. In fact, there are many causes of heel pain although plantar fasciitis is the most common cause.

Plantar fasciitis is caused by inflammation and/or degeneration of a band of tendon that runs along the arch of your foot from your heel to your toes to stabilise the arch while walking or running.

Plantar Fasciosis vs Plantar Fasciitis

What is commonly called plantar fasciitis (simply means the plantar fascia has inflammation) is called plantar fasciosis (degeneration of the fascia) in anatomical terms. However, plantar fasciitis, has now become the term most commonly used to most people.

Evidence Based Treatment Protocol for Plantar Fasciitis

At the Essendon Podiatry Clinic our treatment for plantar fasciitis is based on best practice and the most up to date evidence based studies provide for the best treatment and management options.

Planning Your Treatment for Plantar Fasciitis

Most importantly, recent evidence based research indicates that mechanically induced arch and heel pain is most effectively treated by prescription orthotics and custom moulds designed to take tension off the plantar fascia where prefabricated orthotics will fail.

In fact, in more difficult cases of plantar fasciitis, custom functional orthotics may be prescribed. We use laser foot technology to design your moulds and ensure best function and comfort of your orthotics is 100% guaranteed.

If you need further information, please don't hesitate to contact us for an appointment or [Book Online Here](#)

How We Started Corporate Chair Systems

Like many people, Corporate Chair Systems began as a small family owned and operated start-up business that provided the perfect opportunity for a family in a small rural town to build and develop a business and provide an income for the family.

Business founder, Nelson Morley and his children, Simon, Justin and Vicki, saw an opportunity to start their own business manufacturing office chairs. All Chairs, as it was called in 1989, was a small start-up business in Kyneton, a rural Victorian town about 90 kms north of Melbourne. With hard work and determination this small business success story has become Australia's leading office chair manufacturing company.

Why Quality Makes More Sense

Higher quality office chairs does not mean higher costs...In fact, higher quality means lower recall and warranty costs as a [culture of quality takes hold](#).

Back in 1989 the quality of office chairs was much higher than what you get today from cheap imports from China and similar low labour cost countries. Corporate Chair Systems has built its reputation on providing superior quality ergonomic chairs for many familiar brands like AAMI the Ford Motor Company and RMIT, just to mention just a few.

The quality & build of the Hero Chair® is backed with an industry best practice guidelines and comprehensive Lifetime Warranty. Most importantly our chairs are designed with ergonomic best practice to reduce the risk of injury and for the protection of the employee's health and wellbeing.

Extensive Range of Customised Options

In today's competitive market place, you need an unfair advantage and we have the perfect solution with our unique, Office Chair Design Tool. Suitable for interior designers, architects and shopfitting companies; our design tool will help you design visually appealing office chairs in line with your client's brand identity and style.

Unlike many of our competitors, we provide unsurpassed flexibility in quality and design...Whether it's one chair or a large quantity project, Corporate Chair Systems can manufacture and deliver anywhere in the world.

Corporate Chair Systems has its own dedicated delivery operations and we understand the logistics of National and International Shipping, including customs rules and regulations.

Commitment to Excellence

Our long history of working closely with occupational therapists, ergonomists and our commitment to the health and safety of employees has been the driving force behind keeping hundreds of people more comfortable at work.

Corporate Chair Systems deliver five-star quality and continue on a steady path of helping companies reduce the financial costs associated with musculoskeletal disorders.

Contact us today and ask how we can provide a solution customised to suit your needs.

Corporate Chair Systems New Website Launch.

We are excited to announce the launch of Corporate Chair Systems newly designed website, <https://corporatechairs.com.au>

We're committed to helping our clients reduce risk and increase return on investment by avoiding the long-term implications of workplace injury from incorrect chair selection.

In the site you will find a few important statistics to highlight real issues about rising health and financial costs that pose a serious risk to business.

Since 1989 Corporate Chair Systems have worked with Ergonomists, Architects and Occupational Therapists and are recognised today as an industry thought leader in improving posture and business efficiency within the corporate workplace.

Our 'Insights' blog has been created to help our customers understand how we help reduce employee injury with quality ergonomic office chair design and manufacture.

You won't find another company that can match our proven 6 step process which includes, the following:

1. Understanding your organisation
2. Leading recommendations
3. Convenient trial period
4. Custom design flexibility
5. Manufacture and project management
6. Ongoing training and support

You'll also like our fun [Office Chair Design App](#) which has been revamped to work on mobile devices - it helps you design office chairs according to your style guide and company brand.

Whether you're an architect, Interior Designer, Procurement Officer or you've been given the task to buy new office chairs, our Office Chair Design Tool is exactly what you've been looking for.

We hope you enjoy our new site - it's easy to navigate, and more user-friendly for our trusted and valued customers.

Don't forget: All of the chairs we manufacture are Australian made and backed by our Lifetime Product & Service Warranty.

About Us

We've Got the Perfect Solution for Your Business

Advanced Construction and Shopfitting employs the finest Shopfitters in Melbourne. You'll be glad to know we are a fully licenced commercial building company and always available to deliver the highest standards in quality workmanship...Guaranteed.

Why is ACS Shopfitters Melbourne's leading shopfitting business?

ACS is a leading Melbourne shopfitting company who have over 30 years' experience in around Melbourne and Victoria.

That's why we can provide a shop fitting service with a difference. Our extensive specialist experience provides us with the ability to work closely with you to ensure your needs are met and you receive both, exceptional quality and excellent service.

Melbourne Shopfitters and Fit-out Specialists

Advanced Construction and Shopfitting has been delivering exceptional results in shopfitting and fit-outs for cafés and restaurants (hospitality, food and beverage), retail and office environments.

We strive to deliver excellence in every step of the process. From initial conception through to planning and completion of the project. Advanced Construction and Shopfitting endeavours to lead in innovation by staying abreast of the latest products, services and concepts available.

Indeed, from busy high street shopping strips, shopping centres, gymnasiums, restaurants and more. Advanced Construction and Shopfitting has become renowned for delivering exceptional fit outs on time, on budget, every time.

Delivering Excellence Through Continuous Improvement

You'll also be glad to know that we are always working on continuous improvement and minimising the cost of business. Our team of trained professionals have occupational health and safety guidelines, quality control and continuous improvement strategies to reduce waste, costs and improve workflow efficiencies.

We're with You from Concept to Completion

We work in partnership with our clients from start to total project to completion. The key to our success is good client communication throughout the project.

Our priority is to understand your concepts and business objectives. We initiate ongoing communication throughout the project and value our client's business goals and future direction to make the project completion and seamless transition to success.

All our work is guaranteed and insured. Call us today for a free quote, or fill in the enquiry form.

Our team is comprised of builders, carpenters, joiners, plumbers, electricians, plasterers, glaziers, painters, tilers and sign writers, all qualified and experienced, and in compliance with all OH&S

certifications. Together, our expertise allows us to start from the ground up, meaning we're able to help you with more than just building; we can also assist you with design and conceptual work, custom-made fittings and material sourcing.</p>

Eco Friendly Shopfitting Melbourne

Did you know that your shopfront, office or store provides many unique opportunities to reduce waste and save on energy costs? Our ecofriendly shopfitting strategies presents a friendly action plan that is easy to complete and helps you save money in a variety of ways.

In fact, there are several things you can do to save energy and waste in your built office/store environment. Discover how to save on money, management and maintenance costs.

As you know, with most office environments it's not just as simple as turning off the lights. In today's commercial/retail environment there are many aspects of your environment where you can modify or change and reduce environmental management and maintenance costs.

Melbourne Shopfitters Eco Friendly Design

The most efficient way to dramatically reduce energy costs is the use of insulation and double glazing that is incorporated into your shopfitting design.

Eco friendly shopfitting and interior design provides a more efficient working environment and creates the opportunity to provide a more comfortable environment for your customers and employees.

By creating a plan to reduce your energy use and improve the workplace environment, your organisation will save hundreds if not thousands of dollars on daily operational costs.

Fit-out Specialists-Melbourne Shopfitters

Advanced Construction and Shopfitting delivers exceptional ecofriendly shopfitting results for restaurants cafés, retail and office environments.

From concept through to planning and completion of the project, Advanced Construction and Shopfitting leads the way in innovation. We work with the latest products and concepts available to provide our clients excellence in every step of the process

Whether it's a busy high street shopping strip, a shopping centre, gymnasiums or restaurant...Advanced Construction and Shopfitting will deliver innovative ecofriendly shopfitting solutions on time and on budget.

Delivering Excellence Through Eco Efficient Strategies

Of course, you intend to be in business for the long term over time or you have multiple stores or offices and you will need to update your organisations build environment and brand identity over time. You'll be glad to know that we are always working on continuous eco efficient strategies to improve your establishment and minimise the cost of business.

Our team of trained professionals will provide your business with ongoing energy saving strategies for your future expansion and position your business above your competitors in the long term. We will provide your organisation with quality control and continuous improvement strategies to reduce waste, costs and improve workflow efficiencies.

Support from Concept to Completion

We take pride in working in partnership with our clients from concept to completion. The key to our success is concise and efficient communication throughout the project.

Our carefully selected team of builders, carpenters, joiners, plumbers, electricians, plasterers, glaziers, painters, tilers and sign writers, are experienced, and in compliance with all OH&S certifications. Together, our expertise will turn your vision, concepts and business goals into reality. All our work is guaranteed and insured. Call us today for a free quote, or fill in the enquiry form.

Why work with Advanced Construction and Shopfitting

Discover why ACS is your Melbourne Shopfitting Specialist.

Be prepared to get the wow factor. Together with our proven industry expertise and our long-term business operations in the Melbourne shopfitting industry, we will turn your vision into the cutting-edge space that your clients and customers will love.

ACS provides quality shopfitting solutions in Melbourne and surrounding suburbs. We are a family owned business offering quality fit outs for retail and commercial environments. ACS have been providing high-quality shopfitting outcomes in Melbourne and surrounding areas for more than 30 years.

Anyone who knows will tell you, shopfitting in Melbourne's retail environment is a complicated process with many factors to consider.

We understand the difficult decisions and as a result, our business objectives are always about helping our clients achieve a premium outcome without going over your budget or schedule.

Indeed, from conception to completion, construction projects can be incredibly confusing. That's why you need to work with ACS

Nothing else compares to our carefully chosen and experienced trades people who take pride in their work are highly qualified and in compliance with all OH&S certifications.

It's hard enough in today's competitive market to plan and build your business, but you will enjoy the risk-free benefits from our long-standing industry knowledge which gives us a greater understanding and the ability to quickly identify costly decisions, keeping you within budget and giving you more than just building.

In fact, there are no limitations to the size the shopfitting projects we undertake. Whether you're a first-time business owner or an experienced operator...we have worked with many business owners from a wide range of industries. Moreover, we will help you with conceptual work, design, custom-made fittings and material sourcing.

We understand the most common problems and in every step of the way, from planning to your opening launch, you can rest assured that you will receive the utmost value for your dollar and your business will look amazing.

Get the wow factor...Call us today to talk about your next shopfitting project.

About Us

When you work with Lux Design Group you will see and feel a point of difference

Lux Design Group provides the Retail Fashion Industry with innovative design and product delivery expertise, saving you time, saving you money and transforming your business workflow into one easy to manage, effortless process.

Lux Design Group is a leader in fashion design through-out Australia. We're hungry for knowledge...always focused on the world's leading cities for fashion design and the next wave of influence. We are an Importer / Wholesaler of Ladies, Men's and kidswear. We also supply knits and woven fabrics to many retailers throughout Australia.

Lux Design Group is at the forefront of innovation and excellence. Lux has their own in-house brand Gysette and supplies to many Australian retailers. The ever changing and diverse fashion design market place drives our strategic positioning to provide a fashion showcase of the finest.

With the emergence of new international fashion labels coming onto the market, our industry is becoming more and more competitive and it is increasingly difficult to satisfy both customers' expectations and your business obligations.

Our vision

The story of Lux Design Group was born from an understanding that Australian fashion retailers, require a greater choice of premium products and services. Our long standing reputation for innovative ideas and industry knowledge has provided an outstanding opportunity to partner together and realise a common goal.

One Stop Management Solution

Why work with Lux Design Group? Because we understand that getting the finest and most carefully selected collection of top selling garments for the best price is paramount. If you've been waiting for the right opportunity to arrive, you don't have to wait any longer! Our objective is to improve and successfully transform your design and production processes with a One Stop Management Solution. [Let's talk. Call us Today.](#)

Focus on objectives that matter!

Our concept is easy! We simplify and manage the design and production process, then deliver to you, the finest collection of garments sourced from our carefully chosen suppliers from around the globe. Lux Design Group are at the forefront of innovative fashion design and leaders in today's fast moving ever changing retail fashion industry.

Save on business costs and streamline your workflow.

Think of it? A One Stop Management Solution for all your Wholesale Fashion, Production and Design capabilities under one roof. Discover how easy it is to gain access to a world of innovative, premium fashion design with an exceptionally high sell rate. You will have access to the latest and most convenient way to transform your business operations; from design to delivery, save time, money and look forward to simplifying your garment ordering process.

Dealing directly with a Wholesale Fashion Production and Design Team is the most intelligent and convenient way to outsource your workflow. We will never compromise on our high level of service and we will keep you updated through every step of the production process.

[What's the next step? Let's talk. Call us Today.](#)

Benefit directly from the Fashion Industry Experts.

Our proven [expertise](#), helps reduce business costs and improve your workflow on time every time.

Our management solution includes:

- **Fashion Design**
- **Fashion Forecasting**
- **Development**
- **Sourcing Internationally**
- **Manufacturing**
- **Scheduled Production Calendar**
- **Logistics**

Justin Davenport *Director (Strategy and Communications)*

Justin has a real passion for the fashion industry and the foreseer of the changing landscape within the industry. Justin and Kathy joined forces to make a real difference across the fashion import / wholesale industry.

Justin comes from 20 years in sales, management & strategy and loves working with clients that require assistance in their business. He enjoys dissolving what could be a complex situation and working out a strategy that will streamline the process for the client and their business.

Our services and products are forever evolving as we want the best solutions and service for our customers and their apparel needs. We strive to create that special experience for our customers and we see ourselves as an extension of our customer's business.

Kathy Grant *(Co-Founder)*

Kathy has 25 years of fashion industry experience and has a reputable name in the industry across many of the major retailers in Australia. She lives and breathes fashion and is living her dream in creating a business that can create a positive impact to whom we deal with.

Kathy is a problem solver and she will make it easy for you to deliver and have a product that stands out from the crowd. Kathy can solve your issues and create a clear path for producing your garments.

She will guide you through Production, Design, forecasting, Development, Manufacturing & Logistics. We will adapt to what is required from our extended team to deliver your outstanding results.

Our Core Values

INTEGRITY

It's our culture, our company blueprint

PASSION

We represent and love what we do each day

HONESTY

We are open and personalised in our approach

EXCELLENCE

On every level across our business

ACCOUNTABILITY

We won't stop until we get the best result

TEAMWORK

Working together in unity for the best possible outcome

Fashion Branding Strategy Session

How Will You Influence a Customer's Decision, When Making a Purchase?

As you might imagine, people today will judge your fashion label by its quality, value and brand identity. In fact, the visual appearance and emotional belief of your clothing and your brand, needs decisive strategic planning, so your label and brand leaves a lasting impression on your customers and how they view your business.

Why a Fashion Brand Strategy So Important?

A small Investment that will deliver tremendous benefits

You have your vision, some experience and the funding needed to launch your label...but are you truly prepared to be a success?

Any successful business person will tell you that strategic brand identity, strategy and planning your marketing is critically important because it provides direction, gives you the ability to measure your business objectives, evaluate progress and build a roadmap to move forward.

Affordably priced at just **\$299** we will schedule your one on one meeting with an industry consultant.

Be sure to book early as our consultants are in high demand. Call us now on **03 9826-3517**

Plan Carefully and Avoid Costly Mistakes

If you fail to plan, you plan to fail

Unfortunately, many people fail to plan...You are better than that. If you're currently working with limited knowledge and guidance, starting a fashion label is a scary and harrowing experience. To be awesome, you will need to understand and manage the following:

Design | Branding | Logistics | Production | Sourcing Materials | Creating Samples | Developing a Website | Manufacturing | Speed to Market | Tech Packs | Accounting Practices | And more...

Lux Design Group has decades of industry experience and works with Australia's leading retailers and is successfully selling clothing in 140 stores throughout Australia and the US.

What are Fashion Label Strategy Meetings?

Fast Tracking Your Business

Lux Design Group has developed the perfect solution boost your label and shine above the rest. With decades of industry experience and determination, Lux Design Group have developed an exciting Fashion Label Strategy Meetings that provides industry knowledge and guidance, so you can fast track your vision and clearly communicate a point of difference.

How to Avoid Unforeseeable Events

Professional Expertise and a Proven Track Record

Get the facts you need to know when making important decisions! Our strategy meetings provide One on One advice from industry experts, so you can develop a roadmap based your business goals.

Our Strategy meetings consist of one and half hours of discussions and are designed for small start-ups wanting to launch their own label, or established businesses with industry experience who want to take their designs and products to the next level.

From concept design to stock lines in stores, you will learn how to fast track your business with facts and key steps needed to create a strategy to exceed your customers' expectations.

Why Wait Another Day?

You've Got an Important Decision to Make

Do You have doubts about being ready to go to market? Are you truly ready? Have you done your due diligence? If you cannot confidently answer these questions you need to get advice from people who are succeeding and want to help you build your label and your business.

Until you can confidently rule out any unforeseen pitfalls you should get advice from industry leaders that are at the cutting edge of launching and maintaining a fashion label.

Affordably priced at just **\$299** we will schedule your one on one meeting with an industry consultant.

Why not give us a call and find out more? Call our friendly consultants and schedule an appointment. Call us now on 03 9826-3517

Please book early; appointment times do fill up fast so don't delay. We look forward to hearing from you.

Keyword Research

There is a low search volume for the keywords in your industry. This indicates you have a low level of competition that are using SEO or Google Adwords to advertise or provide information about your product/service.

The most searched keywords related to your product 'Fashion Label Strategy' are as follows and should be used in the meta titles and meta description tags:

1. fashion design consultant
2. fashion branding strategies
3. fashion retail consultant
4. fashion consultant companies

Please see attached Excel spread sheet.

Our Expertise

Don't let production delays keep you from getting ahead.

You've probably noticed, in today's fashion design industry, many retail fashion companies now outsource their buying power to a team of fashion design experts. You may well ask 'what does this mean for you'?

Reduce your Overheads and Streamline your Workflow

The most important competitive aspect of staying in front of your competition is sourcing high quality apparel, at the same time reducing the cost of production and design. Let's be honest, for many fashion companies, sourcing direct means accepting unskilled personnel to engage in a cumbersome and uncompetitive buying process. Lux Design Group understands your problem. We take care of your buying process, eliminating untimely workflow delays while providing high quality design, production and delivery. [To Find out more call us today](#)

Discover the easiest way to source your garments from the most talked about fashion cities of the world. Lux Design Group has the necessary attributes for successful fashion buying management.

- **Analytical Skills** - Understanding retail opportunities and constraints
- **Communication Skills** -Critical to success is consistent liaison with all stakeholders
- **Objectivity** -The ability to be flexible and understand consumer behaviour
- **Industry Expertise** -We work with some of the major fashion retailers throughout Australia

Decision Making is at the heart of Innovation and Success

Due to our ongoing international buying trips, we have the ability to provide your label with astute apparel solutions to suit your retail needs. From conception to delivery we understand and manage your brief, compile the data and make evaluations to start the creative process. Once you partner with Lux Design Group you will have the winning solution to the best in class processes and procedures.

Services and Procedures

- Sourcing, design and development for your label or brand
- Delivering premium garments that can't be replicated in the marketplace
- Speed to market, efficient production and delivery implementation
- We will take care of all the production and communicate with you all the way
- Follow the concept brief and ensure the vision you require
- Fashion forecasting, story boards, mood boards, fashion prints, for inspiration, and creativity
- Using factories certified with WRAP report (International ethical standards report) or BSCI report.

Guaranteed High Quality Standards and Ethically Sourced Factories

We have flexible terms with order quantities and we work within your garment requirements. Full stage inspections are undertaken during the production process with ethical sourced factories that meet international standards with certification. Our guarantee to you is the finished products are of superior quality and ethically manufactured. [To Find out more call us today](#)

LDG sources all products from our carefully selected network of Asian manufacturers who offer high quality standards and quick turnaround. Our factories have cutting edge machinery, technology and deliver superior finishes on time, all under the direction and high standards of Lux Design Group.

5 Tips When Hiring an In Home Care Service

As you know when people reach old age, it becomes more difficult relation to mobility and to do things independently. At this stage in life, people need to rely on others to maintain a good healthy and independent lifestyle. Elderly people also tend to forget to do important tasks when they reach this stage in life. Most concerning is medications, meals, and other routines are often neglected because of memory loss or physical weakness. If these issues are not monitored and given proper assistance, they may end up falling or having a serious accident in or around their home.

Providing [in home care services](#) can be beneficial, but finding an efficient and trusted caregiver is an ongoing challenge. If you are looking for the right solution to suit your situation you might want to follow the tips below:

1. What Are Your In Home Care Needs.

Your first step is to determine what level of assistance you need. You may need someone to do some physical work like providing a bath/showers or cooking meals? Or you may simply need someone for companionship and someone your loved ones can talk to? Quality caregiving ranges from general house cleaning to providing medical assistance to the elderly. Your first step is to identify what kind of [task the caregiver should provide](#).

2. Have a Plan or Checklist.

Write down all the possible tasks needed and what you are looking for in a caregiver. In addition, you can make a checklist of the [qualities of a caregiver](#) that you feel would be best suited to look after your loved ones. You can also start creating a job description in accordance with your list. By doing this, you can narrow down the level of care and quickly find the one you need.

3. Working With an Agency.

Working with a trusted agency is the quickest and most reliable way of hiring a caregiver. An agency is your convenient one stop shop for all in home care services and will save you a lot of valuable time qualifying and confirming that you are choosing the most appropriate level of care. Tashacare Australia will do the background checks for you. Furthermore, Tashacare Australia will provide you with licensed and accredited caregivers within a legal process.

4. Background Checks.

Hiring a caregiver requires qualification and security clearances with relevant and up to date aged care certifications. Moreover, you need to confirm the authenticity of your caregiver and ascertain their level of training and experience. You will also need to perform criminal and medical background checks to make certain you're not putting your loved ones into the care of someone incompetent or dangerous.

If you are currently working with an agency, make sure you review the caregiver's security clearance and skill levels carefully.

5. Build Communication Strategy

Stay in touch and communicate any concerns or questions you may have regarding the caregiver's performance. Speak to our caregivers about any concerns or problems they experience while taking care of your loved one and how they can solve it. When doing so, work with them and build trust through small timely conversations.

Getting Quality In Home Care

Make sure you're hiring the right caregiver...In today's busy world, looking for a trusted caregiver can be like looking for a needle in a haystack. To simply hire anyone to work in your home is a risk you should not take. We're sure you'll agree, it's a time consuming and daunting task to process all this information before you make the final decision. The good news is you have someone you can trust provide certainty and take care of your loved ones.

Information on In Home Care Services

For many, in home care service is essential to a loved one who needs frequent assistance. More importantly, deciding on what is the best in home care service can be quite daunting. In many circumstances, there is no choice but to get the assistance from caregivers. It's either left up to a family member who can no longer do the things they were once able to do due to health issues, or they no longer have enough time to take care of them.

If you notice any of the following issues listed below, then you will need to consider calling [in-home care services](#).

Physical Health Issues

The most common reason why people hire in home care services is due to a family member's ongoing health issues. If the person needs time to recover from their illness, in-home care could be of great benefit. Furthermore, it's essential to your loved one's health to seek assistance from an organisation with a medical background and experience with taking care of a patients in their own home.

Mental Health Conditions

When a loved one's mental ability is diminished and signs of forgetfulness and changes in behaviour keep showing up, having a professional person available to look after them is necessary.

According to an article from CareConversations.org, here are more [signs your loved one is suffering from a mental illness](#):

1. Forgetting medical appointments
2. Forgetting to take medicine on designated time
3. Become secretive when having phone conversations
4. Paying or sending money to strangers and unfamiliar organization

Untidy and Cluttered Home

An untidy and cluttered home is a major signal your loved one is no longer able to cope with day to day tasks that every homeowner needs to do. Dirty dishes in the sink, unattended laundry, unpleasant odours, and pest invasion in the home are just some of the signs that your loved one can no longer maintain their home.

Providing an in-house caregiver not only ensures you that your loved one is taken care of, but you can also rest assured the home is being looked after.

Losing Mobility

If your family member is struggling to cope with day to day issues that were once simple to do, you might want to have someone look after them on a regular basis. If a person's [mobility is diminishing](#), it can result in accidents such falling down the stairs, which then results in bruises and more serious injuries.

Vision Impairment

A very common sign you must take seriously is when your loved one is experiencing significant sight loss. Equally as a diminishing motor skill, poor eyesight also leads to serious accidents. Thus, having an in-home care provider is necessary to securing the safety of your loved ones.

Poor Physical Hygiene

Common tasks such as brushing the teeth, taking a shower, nail cutting, and general house cleaning needs to be done on a regular basis. It's time to plan your in home care services when you notice that your family member may not be taking care of themselves anymore.

The issues above are just some of the early signs that you need to be aware of as an in-home caregiver. Of course, you care about your loved ones but sometimes we just don't have enough time to take care of them due to work or of other responsibilities. There's certainly no need to feel guilty about it...Contact one of our friendly in home care advisors and let them find the best solution for you.

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An Important Message to Our Valued Clients.

Mr Andrew Sample
Managing Director
A Business
Melbourne Vic 3000

January 1st 2014

Dear Andrew,

As our valued customer I wish to thank you for your invaluable support and helping us grow into a nationally trusted vendor for all your loading dock safety and energy saving needs.

Due to your support, in just six years we have doubled our sales and service capability and introduced hundreds of new customers to our wide range of premium products and services. This is a significant achievement, and I send my thank-you for your efforts in helping to achieve this goal.

Above all, we understand the importance of delivering high quality products, customer service and beneficial information to our customers. I would like to take this opportunity to increase our support by delivering a newsletter to assist in your current installation and communications on products and services.

From time to time we will send you our helpful newsletter that provides you with:

- Up to date information relating to new products
- Information pertaining to current installations
- Latest industry news and safety standards
- Energy saving information

For customers living in sunny Queensland, you will be interested to know we have moved to a larger premises in Underwood and also expanded our sales team with the introduction of Greg Maunder.

Arbon Australia is the sales and distribution arm of Rite-Hite Corporation who employs over 1,400 people world-wide and maintains, over more than 30 representative organisations in 100 locations throughout North and South America, Asia and Europe.

We're here to help.

Simply ask our friendly customer service representative how we can be of service to you and assist in choosing the right product for your project. We look forward to hearing from you.

With kind regards

Managing Director.

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Chapter 1. Our Philosophy

Grill'd is a People business on every level

To deliver our Grill'd experience we rely on our people...we can't do it without them! The level of skill, energy and engagement of our people will be the difference between a great experience for our customers or an average one.

To make sure we deliver a great customer experience, we need to create an environment where we attract and keep amazing people. We look for values and brand aligned people — people who have energy, are positive and care about people... (and food!).

What we offer is a great working environment with fantastic development opportunities. In fact, we believe in growth of our business, but more importantly we value our people and our communities.

A career with Grill'd provides great satisfaction with opportunities to learn and grow with the business, with the possibility to run your own Grill'd restaurant.

We have a dedicated team of leaders in place to make sure we do the best we can by our people and to create a place where people can learn and love what they do.

Here's what you can expect...

Chapter: 2. Values and Culture

The Grill'd Way

Values underpin our culture and is a critical element to how we do business. Our values have been part of Grill'd since its inception and defines the expectations of how work is done.

Being a brand based business, we aim to deliver a defined set of guiding principles (our core culture) to reflect our brand each time we interact with people. The strength of our culture will determine how experiences are delivered and felt by all our stakeholders including, our employees, our guests, our suppliers and our partners.

The Grill'd values are:

- Passion
- Ownership
- Leadership
- Trust

We have defined behaviours that demonstrate our values and what is relevant for every employee in our business.

Our values need to be a real and a genuine part of our culture and business. They must be understood, believed in, consistently demonstrated and acted upon. Therefore, our values are integral to every touch point. Our employees need to understand the values and touch points we have throughout their lifecycle with us at Grill'd.

The values are part of our EVP (employee value proposition) and a point of differentiation of why people choose to work with us. They are used to discuss working at Grill'd and alignment to them is tested through the recruitment process.

The Grill'd values are reinforced during our on-boarding and induction program and all subsequent training programs. The Grill'd values are reinforced and measured for individuals through our performance planning and review process.

Overall belief and feedback on how well they are being demonstrated is measured through our annual employee engagement survey.

Links and Reference Locations

- Code of Conduct
- RM/ARM management on boarding and focus booklet
- Website
- PPR Guidelines and Form
- GIMP?

Chapter 3. Labour Philosophy

The service we provide

The intent of labour is not labour, it's the service that we provide.

We maximise supply to ensure that we're maximizing demand. We want to make sure that we have the right people to represent our brand, who understand our values, and know what the Grill'd experience represents...Therefore, having the right people on board matters most.

Our business unlike any other, is about managing and building the peaks. The business model that we operate around variability and the spectrum of high and low brings with it greater challenges. As a result, our labour management and labour forecasting is paramount to our business. Therefore, an important component of our core business is to deliver an amazing experience.

Our guests want their burgers around 7 – 10 minutes, no matter how busy we are. The promptness around expectation is true and consistent irrespective of whether it's a Monday lunch or Friday dinner...That's why the "right people" are mandatory.

Forecasting our volume correctly allows us to determine how many people we need, how many people per station and what stations. Our forecasting process is essential to delivering the Grill'd Experience.

The way we put effort in to assessing the Main Item Volume (MIV) and determining that number, is something that can't be understated. This will ultimately determine our success or failure in terms of planning as there are two parts to labour:

Planning-Part 1.

We must have the preparedness to build a roster with an incredible amount of rigor, detail and analysis. Part of this means that we have the right people. We use a capability matrix (understanding our people's capabilities/competencies), to be certain we have capacities across all stations to meet the needs of our business at peak periods throughout the week.

We must have a team that is balanced on age and skill set but also very much on availability. Balancing these elements is a crucial part because no matter how strong your intent is to plan for labour well, it will fail miserably if the recruitment, capability, staff numbers and age mix of our team is not properly assessed upfront.

When building rosters, the busiest days are done first. These are the ones that get the attention around having the best people on their best stations to deliver the best experience. Our business is built not on building the quiet periods, but on building the peak periods. This philosophy must stand true on how we plan our rosters.

Managing Part 2.

The weather, temperature, public holidays and micro factors relating to each of our individual restaurants, make a big difference to how we look at the day to day management of our labour.

Moreover, we need to make sure that our people are starting on time and they are there before they start to ensure that they understand what station they're on and what their objectives are for the day.

We set the team up individually and collectively so there's a common goal. In addition, we must let them know what the goal is and ensure that they buy in to it. Most importantly, everyone needs to understand that they may be required to stay longer if the business requires it and check back at the end of their shift to ensure that there's something to celebrate.

Breaks need to be taken when staff suggest a time and management need to approve on the spot based on the demand at that time. Breaks allow our people to stay fresh, making sure that we can manage our labour and gives the team the opportunity to refuel so they get more energy.

Asking our team to leave early is appropriate if the business demand is not present. How we do this is important and making sure we do so as part of a positive team.

Labour planning and labour management are two different things and we often get them confused. Neither one can succeed without the other. Labour planning still needs to provide the opportunity to 'win' and labour management is how we win at the highest level...

Never underestimate the power of each.

Ultimate Rostering

Ultimate Rostering is the code name that determines how we do all things relating to labour, making sure that the Grill'd experience is delivered at it's very best.

Ultimate rostering is set up as a frame work based on the history of the business we have. Knowledge of having a functional server and a floor with a business model that involves guests coming into our restaurants and then ordering at the till. Ultimate rostering will provide strong guidelines around how to plan for the labour.

It's not meant to be the "fact" as it relates to per hour, per half hour or even per day, but certainly across all week. The intent is that we know our business well and we would never then proactively plan for labour to be above what ultimate rostering suggests.

Ultimate rostering allows us the flexibility to build on the peaks, to manage the troughs and know we're being efficient with labour.

Effectiveness is the customer service philosophy i.e. how we engage our guests. Efficiency is that of applying ultimate rostering so we're still delivering an amazing experience but we're doing so without a huge amount of wasted labour and wasted cost.

Coach Ray Catania

Hello and Welcome to, Your Personal Best Coaching Solutions.

Health and fitness has been a huge part of my life including the study of human behavior. Ever since I was a young boy I was interested in people and why we do the things we do. As funny as we are in our own personal way having fun is also an essential ingredient for our happiness and our health.

I Created Your Personal Best Coaching Solutions so other people can enjoy in the benefits I have learnt from my experiences in the health and fitness industry. I am passionate about health, fitness, wellbeing and I want to share my experiences with other people so they can enjoy a life full of abundance on their own terms for the rest of their lives.

I am a Transformational Business Coach and a Human Behavior Transformation Expert. I made a declaration to myself that I will live this life as happy and healthy on my terms. This is why is this so important, my family and friends as well as clients can count on me to be at my best!

How we can help YOU?

Your Personal Best Coaching Solutions Provides people with strategy and support to focuses on the client setting and achieving health, wealth and relationships with positive outcomes.

As a transformational coach we provide effective motivation, tools and techniques to assist you, the client in making the permanent changes necessary for your transition to incredible health, wealth and happiness.

A transformational coach will work with you to devise appropriate goals and a blueprint of action. They then provide follow up sessions to keep you focused and on your highly defined winning target and Your Personal Best Success. Go on, be the winner you know you can be!

Contact me and transform your life today.

Personal Training Motivational – Personal Change

Keywords: personal training, personal trainer, personal trainers,

Congratulations. By reading this webpage you are taking your first motivational steps in personal change. If you're sincerely wanting motivation and ultimate fitness, a personal trainer often spells the difference between failure and success.

The really good news is you will not only achieve the fitness you desire; you will also learn how to maintain your motivation for your long term fitness goals. Take the next step...Kickstart your fitness and to contact us today!

Getting Started

[Are you Ready to Look Amazing Be Amazing...Personal Training that Works!](#)

Your personal training routine is specifically designed for you. These workouts will transform your body giving you more energy and vitality.

Want to look good and feel amazing? Then this is the program for you. Within 30 days our amazing programs will transform your energy fitness and motivation levels to your new personal best.

Just wait until you strengthen your core with ab and core exercises, you're going to become toned and fit, building strength along the way. Take the next step...Kickstart your fitness and to contact us today!

Weight Loss Total Body Solution Programs ...

Take a moment and imagine yourself getting fit, burning fat and losing weight. Which means this is an ideal opportunity for you to transform into that amazing body. Say yes to your new life and fit into that dress size you really want. Take the next step...Kickstart your fitness and to contact us today!

Advanced Personal Training Fitness Programs

[Do something extraordinary](#)

Our Advanced Personal Training Fitness Programs will get you ripped and transform your body beyond your expectations. Our workouts are individually designed to transform your current body into one that is leaner, stronger and chiselled. Take the next step...Kickstart your fitness and to contact us today!

But that is just part of the story. Indeed, once you have learnt our advanced fitness program you will have access to our amazing, closely guarded secrets to gaining the physique and fitness level of an athlete and best of all, the benefits from our advanced fitness program will last you a lifetime.

Take the next step...Kickstart your fitness and to contact us today!

Boxing for fitness

Boxing workouts consist of interval training, sprints and boxing drills to develop muscle, power and speed and to improve technique.

Our Boxing for Fitness Coaching provides a combination of Boxing, Kickboxing, and Circuit training. It's never too late to learn boxing skills for fitness where you will gain fitness and energy beyond your expectations. Engaging in a boxing training program will help improve your overall athleticism, keeping

you focused on combining your punches, technique and form. Take the next step...Kickstart your fitness and to contact us today!

Self-defense Classes

The Warrior Spirit

One of the biggest advantages to taking self-defence classes is the way it will make you feel. Movement and the power of knowing how to respond and protect yourself with confidence is your ultimate goal.

Improving your balance, focus and developing a warrior spirit can prepare you for battle against any assailant. If you are attacked having self-defence on your side will help protect you from being injured or worse.

Taking self-defence classes will always have a positive impact on your life. Boosting your spirit and happiness makes you look forward to your next class. You'll also benefit from increased energy, fitness, flexibility and wellbeing. Take the next step...Kickstart your fitness and to contact us today!

100% satisfaction Guaranteed!

looking forward to boosting your spirit and happiness.

Join us free