

WHEENK! HEALTH

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

IN RECOGNITION OF NATIONAL PHYSICAL THERAPY MONTH, PHYSICAL THERAPISTS AROUND THE COUNTRY ARE OFFERING "SMART MOVES FOR FAMILIES" TO PREVENT AND COMBAT OBESITY AND ITS CONSEQUENCES. WHAT WE ARE DOING HERE IN SAN CLEMENTE AT WHEENK! PHYSICAL THERAPY IS OFFERING FREE 15 MINUTE CONSULTATIONS WITH OUR PHYSICAL THERAPISTS AND/OR FREE 20 MINUTE MASSAGES WITH OUR MASSAGE THERAPIST TO COMMEMORATE NATIONAL PHYSICAL THERAPY MONTH. WE WILL ALSO BE PLAYING SOME FUN AND HEALTHY GAMES AND OFFERING FUN PRIZES FOR THOSE WHO STOP BY. WE ARE DOING OUR BEST TO SUPPORT PEOPLE IN MAKING HEALTHY LIFESTYLE CHANGES. WE LOOK FORWARD TO CELEBRATING HEALTH & WELLNESS WITHIN OUR COMMUNITY WITH OUR CLIENTS PAST, PRESENT & NEW.

PHYSICAL THERAPISTS' EXTENSIVE KNOWLEDGE OF PRE-EXISTING CONDITIONS (SUCH AS TYPE 2 DIABETES AND OBESITY) ALLOWS US TO HELP PEOPLE OF ALL AGES AND ABILITIES ESTABLISH LIFE-LONG PATTERNS OF PHYSICAL ACTIVITY. FOR THOSE WHO ALREADY ARE OBESE, PHYSICAL THERAPISTS CAN DEVISE SAFE EXERCISE PROGRAMS THAT REDUCE PAIN, RESTORE FLEXIBILITY, AND INCREASE STRENGTH AND CARDIOVASCULAR ENDURANCE. FOR PEOPLE WITH TYPE 2 DIABETES, THEY CAN DESIGN AND SUPERVISE EXERCISE PROGRAMS THAT REDUCE THE NEED FOR MEDICATIONS, LOWER THE RISK OF HEART DISEASE AND STROKE, AND HELP MANAGE GLUCOSE LEVELS, AMONG OTHER BENEFITS.

MAKING THE COMMITMENT TO BE PHYSICALLY ACTIVE IS ONE OF THE BEST WAYS FOR CHILDREN AND ADULTS TO PREVENT OR COMBAT OBESITY AND ITS CONSEQUENCES.

IF YOU ARE INTERESTED IN RECEIVING MORE INFORMATION AND GUIDANCE ON THIS AND OTHER HEALTH AREAS, STOP BY FOR A FREE CONSULTATION WITH OUR PHYSICAL THERAPISTS.

AND IF YOU WOULD JUST LIKE TO HAVE SOME HEALTHY FUN WITH US AND SAY HI, PLEASE ALSO STOP BY AND JOIN US!

HEALTH & FUN:

- ★ FREE 15 MINUTE CONSULTATIONS WITH OUR PHYSICAL THERAPISTS!
- ★ FREE 20 MINUTE MASSAGES!
- ★ FUN AND HEALTHY GAMES AND PRIZES!
- ★ HEALTHY SNACKS!

WHEN:

- ★ FRIDAY, OCTOBER 22, 2010 12:00PM TO 6:00PM

WHERE:

- ★ WHEENK! PHYSICAL THERAPY
150 AVE CABRILLO - SUITE B, SAN CLEMENTE, CA 92672
(800) 943-3651

[HTTP://PT.WHEENK.COM](http://pt.wheenk.com)

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LIKE THIS TIP? ASK AND DISCUSS MORE HEALTH AND INJURY QUESTIONS AT HEALTH.WHEENK.COM

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