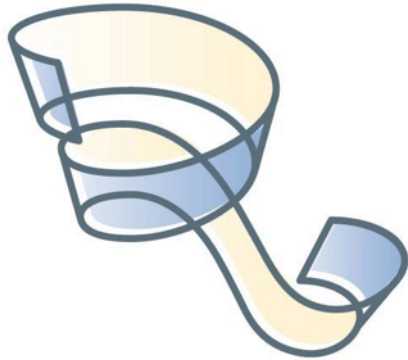


# The REAL Newsletter

Happy Valentine's Day!

Lets show some REAL love this year!



What will you be doing for that special someone this year? Candy hearts are not the only hearts you should pay attention to this February. This year, why not try something brand new. REAL Physical Therapy wants to share some alternatives to a huge meal or candy-fest this year for you and your better half to stay healthy and build a stronger bond. REAL Physical Therapy invites you to join us at UTSA's Diploma Dash 5k Run Saturday March 1<sup>st</sup>, where we will be having our booth set up. Another REAL way to get active and fit!

## Issue #6, February 2014

REAL Physical Therapy will be sponsoring UTSA's Diploma Dash Saturday, March 1<sup>st</sup>.



A REAL alternative can go a long healthy way!



It's not just love, its REAL love!



## REAL choices can lead to hearty choices

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### The REAL alternatives

REAL Physical Therapy wants to ensure your healthiness this February thru our REAL alternatives. Working out as a couple this Valentines offers a variety of heart healthy benefits; it can fortify your relationship and improve your overall fitness! Dieting and exercising as a couple or with a partner is fun and easier than doing it alone. You get the satisfaction of working together towards a shared goal, you strengthen the idea that your relationship is about health and feeling good. Instead of feeling guilty about that huge meal or candy-fest, share an hour of gym time with you significant other to enjoy time together gluten-free and as often as you want. Try one of our REAL workouts:

Go running or bike riding together

Go exploring and hiking

Get a gym membership together

Sign up for Yoga

Experts have associated shared gym time with improved intimacy. This year stop stressing about dinner reservations, a box of chocolates and wine for Valentine's Day – instead, support each other in a way that helps fortify the body rather than weaken it.



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### A REAL sponsor

REAL Physical Therapy will be sponsoring UTSA's Diploma Dash Saturday March 1<sup>st</sup> at 7am. We will be setting up our booth before the race for all runners to come check us out and get tips on how to stretch properly. We will be talking to them and cheering them on all morning! Join us in this annual city wide 5k run to benefit UTSA student scholarships! Race starts at 8am, for more information or to register log on to <http://alumni.utsa.edu/page.aspx?pid=422>. It will be another REAL opportunity to stay active and stay fit!



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Don't forget to share your REAL experiences with others:

