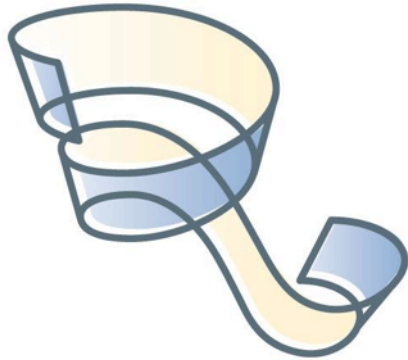


The REAL Newsletter

Beginning of a New Year,
Beginning of a REAL good resolution!

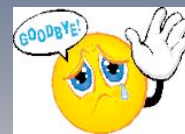


With the New Year now here, it's time to start a brand new chapter in your life! This year make your New Year's resolution to become healthier and stronger happen. Everyone wants to be healthier and REAL Physical Therapy has the right tips to help you achieve just that!

Issue #6, February 2014

News:

Jessica is leaving REAL Physical Therapy
We wish her the best on her new
journey!



REAL Physical Therapy
has some REAL tips for
your New Year's Resolution



Let's start a REAL good year!



Some REAL tips for the New Year

The REAL way to your resolution:



There's not a better opportunity to start fresh than the New Year. For many this New Year gives a chance for reflection and growth. It is not just about getting stronger and fitter; it is about better health and knowledge. REAL Physical Therapy wants to ensure you have the necessary tools to start this New Year off right.

"No pain, no gain": For all of you that are kicking off your New Year's resolutions with new gym memberships, Cross Fit, or maybe training for the Rock n Roll marathon, there's one thing you should know, "no pain, no gain" is not the adage you want to follow. Many interpret this adage the wrong way and ignore signs and symptoms that their body is telling them something is damaged. New activities shouldn't hurt, so listening to your body can go a long way. When starting new activities, and for that matter any activities, just use the 0-10 scale. With 0 being no pain and 10 being you needing to go to the ER, you should keep everything under the blue sky between a 0-5. Anything over your 5 is something you shouldn't be doing, and in fact you are damaging your body in some way. Now please understand, pain and soreness are two different feelings and only you can tell that difference. Attempting new activities will be challenging and at times might feel impossible, but that is a totally different emotion/sensation than when something hurts.

From your friends here at REAL Physical Therapy we wish you the best of luck in accomplishing all your New Year's resolutions and also wish you the best in maintaining and improving your health!

Saying goodbye and good luck!



Jessica has been with us since the very beginning of REAL Physical Therapy and we will miss her dearly. She will be beginning a new and exciting chapter in her life! We are very proud of her and very excited for her. We thank her for all she did for us, all those reminder calls and her everyday smile!

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

