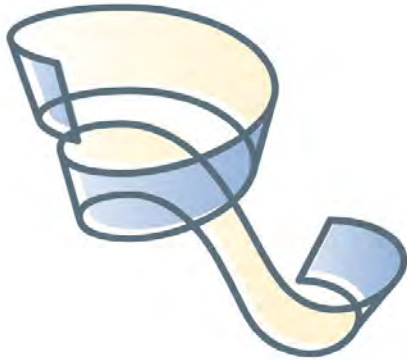


The REAL Newsletter

Trick-or-Treat!



Are you planning on throwing a Halloween theme party this month? Well, we have all the tips to having the best and safest Haunted Party you've ever had! Along with the scariest of costumes and the best tasting goodies, REAL Physical Therapy wants to ensure your well-being this Holiday. Find out how to stay healthy and scare the disguises right out of your guests to give them a Halloween they'll remember for nightmares to come! REAL Physical Therapy wants to share a few tips for all your family to get the scariest experience this Halloween!

ISSUE #2, OCTOBER 2013

News:

Don't forget to share your best costumes with us and follow to see our costume ideas! [@real_p_t](#)



Our newest team member!

Autrey is the newest addition our REAL family. Get to know her!



One Spooky Night



Tricks for better Treats!

The night is full of zombies and witches lurking in the streets while the goblins and ghosts are prowling about disturbing the peace. This Halloween celebrate by having a safe and fun costume party people will remember in the afterlife! REAL Physical Therapy has a couple of tips for you to have the most terrifying party guests will tremble for!

All with measure -



October is the month for scrumptious, fall treats and sweets and what better way to show off your baking skills than by making the best goods your guests have tasted. Think outside the box and create your very own themed graveyard cupcakes with orange filling. Remember to consume sugar with measure, diabetes is a growing health issue that affects approximately 24 million people in the United States. If someone develops diabetes, a physical therapist can work with them to design a program that helps control glucose and fight complications such as loss of movement. A recent study has found that adding high-force strength training to an aerobic program offered significant advantages, helping to improve glucose control, increase strength, and reduce the risk of falls.

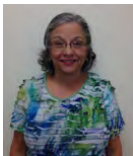
People with diabetes often have reduced muscle mass and may lose mobility. Adding resistance training to a diabetes treatment program leads to improved thigh lean tissue, which may be an important way to increase resting metabolic rate, protein reserve, exercise tolerance, and functional mobility.

Decorations-



Every family loves to carve pumpkins, but doing so can sometimes cause severe injuries if one is not careful. This Halloween season stay safe by carving in a clean, dry and well-lit area. Leave the carving to the adults, let the kids draw the pattern and clean the inside pulp of the pumpkin. When cutting always cut away from the body and cut in small, measured strokes. Another tip for your family is to buy a special pumpkin carving kit available in stores which include mini serrated saws that work better and are less likely to get stuck in the thick pumpkin tissue for your family to stay safe. Lastly don't forget to make this a family bonding time and have fun with it!

A few words from our newest team member -



Hi! I am Autrey Crawford and I really love being here at Real Physical Therapy. This is a brand new direction for my life. I really love working and helping others. This is just a new step in that experience. I have a wonderful husband and four great kids, 3 wonderful son-in-laws and a loving daughter-in-law. I am blessed with 9.75 grandchildren and love them so very much. I have a passion for knowledge and really enjoy reading and yes, I am a NCIS nut and a Bones nut. I love to laugh and enjoy hearing others laugh. I greatly enjoy music and many genres of music. Life is a journey so enjoy and make a difference on the way.

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

