



The REAL Newsletter



BOOO!

REAL Physical Therapy is thrilled to announce the re-launch of our Newsletter! Beginning this month, we will be sending a monthly newsletter to existing patients and current patients. This way we can keep you up to date with new services, up-coming events, tips, and anything fun that we feel is worth sharing!

Ready to look REAL great for the Holidays?

Eating healthy during the Holidays can be **tough (especially with all the candy)**, but if you have a plan then it will be much easier. Luckily, the **Ideal Protein Weight Loss Method** is here! This lifestyle program can **help** you plan right, and will have you seeing **REAL** results. In fact, some of our team members have noticed a **REAL** difference! Our coach will give you the one-on-one attention you need to get you on your way to your **best** most **REAL** self. For more information, please come to one of our upcoming seminars for the full scope.



Our next IP Educational Seminars are:

- **October 14th at 6:15pm**
- **October 27th at 6:15pm**
- **November 10th at 6:15pm**

See REAL results with the Ideal Protein Weight Loss Method!

You are invited to our next educational seminar to receive the full scoop on Ideal Protein. Don't be scared! No ghost or goblins will be attending (we think), but you are more than welcome to attend and bring a friend that's interested!

Call us to reserve your spots, and to be one step closer to a healthier lifestyle!

REAL TIP ALERT!

Your bones want you to exercise!

"Osteoporosis or weak bones affects more than half of Americans over the age of 54. Exercises that keep you on your feet, like walking, jogging, or dancing, and exercises using resistance, such as weightlifting, can improve bone strength or reduce bone loss."



Are you carving pumpkins this month?

Make the most of your pumpkin this year, and make a REAL healthy snack.

Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.

Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.

Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.

**For Even More Healthy Recipes
Check Out:
www.LowFatLowCarb.com**



Did you know October is National Physical Therapy Month?

Follow us on our Social Media accounts to find out about our **REAL** Physical Therapists, how Physical Therapy Transforms lives, and for your chance to win a **REAL** Gift Card or Prize!

#PTTransforms #PTMonth #PTDOS

