

VOLUME I: SETTING HEALTHY GOALS FOR 2010

WELLNESS SPECIALS

- 50% of first personal training session
- Bring a friend to your training session and save \$30 if you purchase a package
- Bring a friend to pilates class and both pay half price.
- All former PRO PT patients can try a pilates class for FREE.

Four Tips for Starting Healthy Habits in the New Year

January is typically the time of year when people resolve to make changes in their lives. Whether it is to lose weight, give up unhealthy habits or exercise more, many of those new year's resolutions have been abandoned by the end of February! Instead of making those impractical resolutions, why not consider establishing some healthy habits that will last a lifetime? Here are four tips that can help you get started.

1. Write out your goals and desires. What healthy habits would you like to establish? Make your goals specific, measurable, action based, **Realistic** and time oriented.

2. Have a plan A major project is rarely, if ever accomplished without a plan. Design a plan for fulfilling your goals as well as solutions for conquering obstacles.

3. Take one step at a time

Remember establishing healthy habits is a process. You have to take certain steps to making those habits part of your everyday life.

4. Learn from your setbacks

Take the setbacks you encounter along the way and turn them into something positive rather than being hard on yourself and abandoning your goals.



PRO PT News

Now Offering: Aquatic Therapy

On January 19th aquatic therapy will begin at the West Morris YMCA utilizing their new Aqua Cube. The new pool will offer a warm water environment for rehabilitation. Equipment will include underwater bikes, treadmill and various resistance equipment.. Pool therapy sessions will be lead by Jen Bua, MSPT, PT. Please call our office to inquire or schedule an appointment.



Pilates is for Everyone!

Chair Pilates is designed for **anyone** that wants to improve their fitness level and is looking for a non-impact method of exercise. Traditional Pilates exercises have been adapted using chairs for support and balance. Clients also use balls, bands, small hand weights and magic circles for additional resistance. Classes are perfect for seniors, individuals who can not get onto the floor, people with balance issues or those who just want to improve their **o v e r a l l** strength and posture.



Valuable Veggies

Give your immune system a boost during this cold and flu season. **EAT YOUR VEGGIES!!** According to the **Journal of Nutritional Biochemistry** from the University of California Berkley, eating veggies such as broccoli cabbage cauliflower and brussel sprouts, all from the brassica family, help to improve your immune system. They all produce chemicals that strengthen the body's ability to protect itself. Get your daily allowance of 3 servings of veggies a day and try out those Brussels sprouts!

