



Physically Speaking

Volume 3, Issue 1

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Physical Activity Guidelines for Americans

Being physically active is one of the most important steps that Americans of all ages can take to improve their health. The *Physical Activity Guidelines for Americans* provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. Below are key guidelines. For the entire guide you can visit www.health.gov/paguidelines

CHILDREN & ADOLESCENTS

- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily
- Within the daily 60 minutes a work-out should include aerobic, muscle-strengthening, and bone-strengthening activities

ADULTS

- All adults should avoid inactivity. Some physical activity is better than none.
- For substantial health benefits, adults should do at least 150 minutes (2 hours 30 minutes)
- Work-outs should include aerobic activity throughout the week.
- Additional health benefits can be gained by performing muscle-strengthening activity weekly

OLDER ADULTS

- Always be as physically active as your conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity.



AMERICAN TRIVIA!

The first person to contact Eric with all of the correct answers will win a House of Coffees gift certificate! Please only one call per person.

Eric: 209-368-7433 or eric@lodipt.com

1. The Declaration of Independence begins with what words?
2. Who wrote the words of the Star Spangled Banner?
3. Where was the first national capital located?
4. Who was the first person to sign the Declaration of Independence?
5. Who do historians believe sewed the first official American Flag?
6. The first 10 amendments of the Constitution are familiarly known as what?
7. Where did immigrants first set foot in the New World to gain entry?
8. How many people signed the Declaration of Independence on July 2, 1774?
9. How tall is the Statue of Liberty?
10. What word is misspelled on the Liberty Bell?

Bonus! How is that word misspelled?

Patient Success Story

A few weeks ago, following the requisite X-ray and MRI; Dr. Murata rendered the diagnosis of the pain in my shoulder, as a tear of the rotator cuff. He recommended physical therapy. I requested a facility in Lodi and he referred me to your facility and set up the appointments .

I am 84 years of age, a former Sergeant Of Marines of WW-II and the Korean Conflict vintage and retired almost 20 years ago as a City Mgr. in Ohio. As a result I'm rather confident that I'm a pretty good judge of people. I felt it necessary for me to commend you upon the professionalism of your staff from the reception clerks right on through . I especially want to thank the therapists, Fatima, Kristen & Lisa who, after eight sessions, I find myself, although, with maybe a couple of slight twinges once in awhile, able to fully function once again, Thank you all, very much

Sincerely,

Dan Anslinger, Jr.

Are you ready to get PUMPed?



PUMP Institute
220 S. Church Street
Lodi, CA 95240
209-368-7433

CLASS SCHEDULE

Functionally Fit Over 50

M,W,F
T, TH

730—930 AM
530—630 PM

A circuit training program designed to target your core while improving your strength, flexibility and balance. Enhance your ability to prevent injuries and have a safe workout by focusing on form and technique.

Solid To The Core

T, TH

300—400 PM
400—500 PM

A program designed for athletes to improve their overall level of fitness, strength, flexibility and endurance. The dynamic warm up followed by circuit training and cool down stretching are geared to target your core and extremities. Attention to form and technique provides a safe workout environment and prevention of injuries. This class can be modified to fit any sport on land or in water.

Total Joint Replacement Last Wednesday of each month

1100—1200 AM

An informational class designed to give you post operative suggestions and exercises to enhance your rehabilitation. This class is beneficial for hip and knee replacements.

Don't see a class for you? Call us! We have many other classes available to suit your specific needs. We also have classes specifically targeting your sport: volleyball, swimming, water polo, baseball, football, rowing, soccer, cycling, track and field, basketball, gymnastics, golf, tennis...

We can get you and your teammates PUMPed for any sport!



Questions? Want more information? Contact Nicole at nicole@lodipt.com or 368-7433



Hands on Healing, A Passion for Performance

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Save the Date!
PUMP IT UP! Run/Walk
October 31, 2009
Lodi Lake
5K - 10K - Kids Runs