



Next Step Newsletter

Next Step
Physical Therapy
(516) 681-8070

December, 2008

Giving you information and answers to any physical therapy, health or fitness related questions

Happy Holidays - the year in review

I hope everyone is having a wonderful holiday season. Winter is upon us (I'm typing this as the snow is predicted to fall tomorrow) and the end of the year is coming soon. We've had a great year, keeping busy by getting you better.

2008 brought about many changes to Next Step. We finished our second construction, which almost doubled our space and allows us to hire a physical therapist to work with us. We also had our first physical therapy student successfully graduate. Most importantly, we saw more patients this year than ever before. Thank you for allowing us to help you!

Thanks to you, we've also succeeded in spreading the word about how great Next Step Physical Therapy is. Our patients have referred more friends and family members this year than ever before. We've also seen more referrals from more doctors thanks to our patients telling their doctors about Next Step Physical Therapy. There is no greater way of showing your appreciation than to tell your friends and family as well as your doctors about our services. THANK YOU!

2009 holds a lot of exciting ventures for us. After a lot of research we have decided to open up a weight-loss center starting in February. More info to come in January but it will combine diet, exercise, and nutrition and based on the results we've seen it looks spectacular.

From all of us at Next Step.....HAPPY HOLIDAYS!!!



Next Step Physical Therapy would like to wish all of you a Merry Christmas, a Happy Chanukah, and a Happy New Year!!!!!!

P.H. asks "can you help me with an exercise program to help me lose weight for my New Year's resolution??"

Of course we can. As I mentioned above, We are incorporating a weight-loss center at Next Step starting in February. Exercise will definitely be a component of the program but diet and nutrition are even more important. Now's the time to enjoy the holiday season (and unfortunately a time when everyone adds five pounds to their belt line). After the holidays let's get ready to shed some of that excess weight. We'll be waiting. More to come soon!!

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

Tell me a funny joke and wish me a happy holiday for your movie tickets this month.

- If you have a friend or family member that you think could use our help please let us know or have them call us.

- If you would like more information on any of the topics discussed here please give us a call.

- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.

- What topics are you interested in and would like to see in the newsletter? Let us know.

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