



# Next Step Newsletter

Next Step  
Physical Therapy  
(516) 681- 8070

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

## When Winter goes out the door, so should you!

It's a crisp, but beautiful sunny forty five degrees out today in March. Finally, an end to a brutal winter may just be around the corner (if that ground hog was right). Once the weather starts to get nice I'd like everyone to start thinking about exercising again. For many of you diligent folks, the frigid winter hasn't stopped you from exercising. For many others, it was just too cold and treacherous out there to continue with your exercise routine. But now that there is the faintest hint of an early spring, let's re-motivate ourselves and get back to enjoying exercise on a regular basis.

Spring offers us the opportunity to get outside to the parks, the ball fields, and the neighborhoods. If you have children that play sports, why not walk or jog around the field when you drop the kids off to practice. If you are grandparents, go take a walk with your grandkids around the neighborhood. There are so many options to exercise it almost becomes difficult to think up an appropriate excuse as to why you can't.

If you don't like the outdoors, then get back to the mall and walk. Go join a gym, schedule some personal training workouts or join an exercise class (see below for an opportunity). We can help you in all of these endeavors, whether it's a phone call for some advice or if you want supervised personal training. The point being...JUST DO IT (I believe somebody already coined that phrase).

We can help!

**We would like to thank the following people for referring us patients: Alan Yulo, Elinor Maddi, Frank Pallone, Adele Weitzel and Stephanie Gonzalez.**

## What's going on this Month?

We are very excited to launch our first group exercise class. We call it Fit for Life and it is a specialized exercise class for anyone 65 years or older. The goals are to improve strength, flexibility, balance, and overall functional ability. I will be teaching the class and it is very affordable. If you, or anyone you know, might be interested please have them call us - space is limited, we only have a few more spots before the group starts.

## Updates

### Welcome to the Next Step Newsletter!



- 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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