

**TIDAL PHYSICAL THERAPY PRESENTS:**

# **RETURN TO HER RUN 5K CHALLENGE**

Join the Tidal Team in a gentle & empowering “Return to Running” 5K challenge to train for the Seal Beach 5K! This program focuses on the steady progression of strength and running endurance - great for postpartum, post-surgical, and post-pain issues, but we welcome anyone to join us! Follow along our training journey and get our exercises and tips on IG & YouTube @TidalPhysicalTherapy

**Be sure to post your journey on instagram and tag @TidalPhysicalTherapy so we can follow along!**

**28  
MAR**



**SEAL BEACH  
5K**

**REGISTER NOW @ [HTTPS://RUNSEALBEACH.COM/](https://runsealbeach.com/)**

**SIGN UP BY  
JANUARY 28<sup>TH</sup>**

**&**

**GET A FREE TIDAL PT  
T-SHIRT\* TO ROCK ON  
RACE DAY!**

**\*with proof of registration (email to  
[amanda@tidalphysicaltherapy.com](mailto:amanda@tidalphysicaltherapy.com) or show in person)**

**WE CAN'T WAIT FOR YOU TO JOIN!!**