



**SENIOR STRONG
KEEP YOUR FREEDOM
STAY INDEPENDENT**

PREVENTION OVER CRISIS

**PREVENTION OVER
HOSPITALIZATION**

**EXCLUSIVE FAMILY GUIDE TO
PROTECTING INDEPENDENCE &
STRENGTH.**

**By Invitation Only: Concierge Health Coaching &
Rehabilitation for Resilient Living.**

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What you'll discover in this exclusive family guide.

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INTRODUCTION: WHY PREVENTION PROTECTS INDEPENDENCE

👴 Aging Doesn't Have to Mean Decline

Why Affluent Families Choose Us !

High net-worth families trust Restore Perform because we deliver proactive care at home, avoiding costly hospitalizations and protecting independence.

Most emergencies that send older adults to the hospital are **preventable**.

- 🚑 Falls
- 💧 Dehydration
- 🦠 Infections
- 💊 Medication errors

Nearly 1 in 4 emergency visits among seniors stem from these causes.

➡ The good news? **Proactive** strategies can dramatically lower these **risks**. and we are here for you.

🏠 Our Approach at Restore Perform Physical Therapy

We believe in prevention over crisis:

- 🔄 From reactive (waiting for problems)
- ➡ To proactive (keeping seniors strong, safe, thriving at **home**)

💡 Every ounce of prevention is worth more than a pound of cure.

In Southwest Florida, prevention means:

- ✓ Fewer ER visits
- ✓ Lower health care costs
- ✓ Higher quality of life

📖 Why This Guide Matters

This guide gives you:

- ✅ Knowledge to reduce preventable ER visits
- ✅ Strategies to protect independence
- ✅ Peace of mind for seniors & families

***Our clients don't wait
for crisis — they
protect
independence before
it's at risk.***

THE NUMBERS THAT MATTER PREVENTION WORKS



🕒 Functional Decline — The Hidden Cost

🚑 The Problem

- 1 in 4 older adults falls each year
- 💰 Average cost: \$30K–\$50K in ER, surgery, and rehab.
- 27% of ER visits are **preventable**
- ⚠️ Leading causes of hospitalization: falls, dehydration, infections, medication errors.
- 🔑 \$75K–\$100K saved/year with prevention vs. \$5,500–\$12,000/month nursing home costs

📈 The Hidden Impact

- 💡 **47%** of seniors can't get up without help after a fall → higher risk of hospitalization, loss of independence, ↑ 1-year mortality.

🛏️ Bed rest speeds decline → Seniors lose 1.5% of muscle per day in hospital. 10 days = 1 year of aging.

💪 Prevention Works

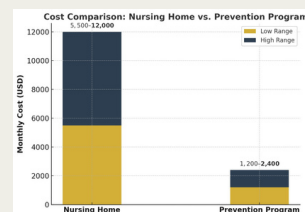
- 🧑‍🦽 Strength & balance training → **25–30%** lower chance of nursing home placement.

🏠 Staying home vs. nursing facility:

- Facility = \$5,500–\$12,000/month
- Prevention = a fraction of the cost (therapy + coaching).

💡 Why This Matters to Families

- 🚑 Fewer emergency calls at night
- 🛡️ Peace of mind: you're proactive, not reactive
- 🏠 Seniors stay strong, safe, and independent
- 💰 \$75K–\$100K saved per year
- ⚖️ One ounce of prevention = one pound of cure



Prevention is a fraction of the cost — and delivers immeasurable peace of mind.


THE SCIENCE OF RESILIENCE: NUTRITION, SLEEP & ELITE LONGEVITY ENHANCERS.

HYDRATION MINERALIZATION PROTEIN ELITE LONGEVITY ENHANCERS

Metabolic You

Your body is more than muscle & bone — it's an electrical system.

- 75% water → a biological battery.
- Powered by sodium & potassium with every heartbeat & contraction.
- When balanced → energy flows. When depleted → decline sets in.

 Metabolic resilience = ability to recover, adapt, and thrive.

Hydration

- Supports blood flow, detox, nutrient delivery
- Target: ½ body weight (oz/day)
 - Example: 180 lbs → 90 oz/day

Mineralization

- Regulates muscle & cardiac function
- Reduces fatigue & cramping
- Electrolyte powders (sodium, potassium, magnesium, chloride)
- Coconut water powder for natural hydration
- Sources: broccoli, leafy greens, seeds, bananas

Protein Intake


- Repairs tissue, builds muscle, fuels hormones & enzymes
- Target: 1 gm per lb body weight/day
- Sources: lean meat, fish, eggs, yogurt

Elite performance enhancers for longevity

- Omega-3 fatty acids → anti-inflammatory, brain & joint health
- Vitamin D3 → bone, immune, metabolic support
- Hydrogen Water → reduces inflammation, protects cells, improves energy efficiency. cutting-edge option used by athletes and longevity experts.
- Probiotics → gut health & nutrient absorption

Why It Matters

- Hydration = detox & nutrient transport
- Minerals = balance & endurance
- Protein = repair & resilience
- Supplements = fill the gaps & accelerate recovery

 Together, they create a body that's not just healing — but thriving.

“Hydration, minerals, protein, and supplements are not extras — they are the foundation of lifelong independence.”

OUR PHILOSOPHY: BLENDING WISDOM WITH MODERN CARE

— “We don’t wait for crisis — we protect independence before it’s at risk.” —

Our philosophy is not available in a typical clinic. **It is reserved for families who value proactive, concierge-level care.**

At Restore Perform Therapy, our perspective has been shaped by years of experience in the rehabilitation industry — an industry too often defined by reactive crisis care. The system waits until emergencies happen: a fall, a hospitalization, a decline that could have been prevented. Families are left scrambling, costs surge, and independence is lost.

We believe this reactive model misses something powerful: the ancestral wisdom of our grandparents, who lived by the principle that prevention is better than cure. They understood that strength, vitality, and balance were daily practices — not emergency responses.

🌿 Our Health Coaching & Post-Rehabilitation Perspective

We’ve seen firsthand how proactive strategies transform lives. By focusing on prevention, we help seniors remain:

- 🏠 Independent at home
- 💪 Functioning and thriving in daily life
- 🛡️ Supported with peace of mind for families

Our approach blends modern science with timeless wisdom, offering a holistic framework for resilience.

🌱 The Holistic Point of View

Resilient health doesn’t come from a single intervention — it comes from balance. We integrate:

- 💧 Hydration – fueling cells and circulation
- ⚡ Mineralization – supporting muscles, heart, and recovery
- 🍷 Nutrition & Protein – rebuilding and sustaining strength
- 😴 Sleep – the foundation for repair and clarity
- 🧴 Supplements – targeted tools that fill gaps and accelerate resilience

🌟 Our Aim

Our mission is simple yet profound:

To keep seniors independent, functional, and resilient, while giving families the comfort of knowing their loved ones are thriving, not just surviving.

When prevention, lifestyle, and holistic care come together, the result is more than fewer hospital visits — it’s a life of dignity, strength, and vitality.

SUCCESS STORIES FROM FAMILIES LIKE YOURS

Protecting Independence. Preserving Dignity. Avoiding Crisis.

At Restore Perform Therapy, our clients are families who chose prevention over crisis. Their experiences highlight not just better health, but lasting independence and priceless peace of mind.

👵 Mary, 82 — Freedom Restored

"We feared the next fall would take away Mom's independence forever. Instead, with hydration coaching, balance training, and nutritional support, she hasn't fallen in over 18 months. Today, she lives safely at home, confident and strong."

😊 James, 76 — Stronger After Surgery

"After his hospital stay, Dad was weak and declining quickly. We thought a nursing facility was inevitable. Restore Perform's tailored recovery plan rebuilt his strength. Now, he walks daily, tends his garden, and lives with dignity in his own home."

— Ben, 92-year-old hip surgery survivor

👴👵 "We didn't wait for the emergency. With Restore Perform's concierge prevention program, our parents are thriving at home. We've avoided hospital visits, reduced costs, and gained the comfort of knowing they're cared for at the highest level."

★ Our Invitation to You

For discerning families, independence is the most valuable asset. Crisis care strips it away. Concierge prevention protects it.

- Exclusive, by-invitation-only consultations
- Tailored strategies blending science, coaching, and ancestral wisdom
- Personalized care plans designed to keep your loved ones strong, safe, and at home

☎ Take the First Step

We reserve only a handful of consultations each month to ensure the highest level of individualized attention. Your family may be eligible for one of these select openings.

👉 Reserve your Private Wellness & Independence Consultation today.

Scan the QR code or contact us directly:

Restore Perform Therapy

📍 Serving Cape Coral, Fort Myers, Bonita Springs, Naples

🌐 www.RestorePerformPT.com | ☎ 239 810 6327

★ Your family's independence deserves concierge-level care. Prevention isn't just health — it's peace of mind.

