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TOWER INSIDER: PATIENT NEWSLETTER

JANUARY 16, 2020



HAPPY NEW YEAR FROM TOWER PT

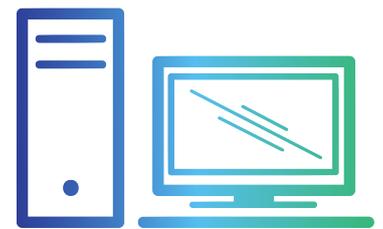
We hope everyone had a wonderful holiday season. The end of the year is always busy at our clinics trying to conclude our goals and get ready for the new year.

As the new year arrives, we are reflecting on 2019. We want to thank everyone who has been there for Tower Physical Therapy this past year especially through our move to our newer building in July.

We continue to be proud of our clients' progress big and small - you are the heartbeat of our practice and we wouldn't be here without you.



*Tower Physical Therapy Staff Holiday Party
December 2019*



As we enter the new year, please keep us informed on any updates and/or changes to your insurance, personal information, contact information, etc. Keeping our records as current as possible helps us to serve you and your family best.

TOWER PHYSICAL THERAPY



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POST HOLIDAY FITNESS PLAN

It's not uncommon after the holidays for us to start regretting all those cookies and party treats. It's also very common for us to set New Year's Resolutions for fitness and give them up a week later. Here are a few tips to help you achieve your fitness goals this upcoming year:



Limit Treats and Meals Out
It can be hard to say goodbye to holiday sweets and treats but cutting back on sugar and staying at home to eat meals will help you better control your eating habits.



Commit to Exercise

Pick an activity to help burn calories and commit to making it part of your routine. Start small, like promising to walk 15 minutes every day.



Drink More Water

Never underestimate the power of proper hydration. 8x8 is the recommended amount; 8 glasses of 8 ounces of water a day.



Get a Workout Buddy

Find a partner to help keep each other accountable. Planning workouts together and supporting one another can increase your chances for success.



Clear Out The Fridge

The party is over but your fridge is still full. Clear the carb and fat heavy leftovers to head back to square one.

Fill Your Pantry With Healthy Choices

Stock your kitchen smartly with low in calorie and high in protein - fruits, veggies, lean protein, whole grains, and nuts.



HELLO
my name is

Gina Smith, PT



Tower Physical Therapy is excited to announce the addition of a new member to our staff. Gina Smith, PT, will join our Turlock Office. Gina comes to us from Emanuel Medical Center also in Turlock. Gina's PT career has taken her all across the United States. She is looking forward to sharing her extensive knowledge of physical therapy studies and trends in our outpatient setting. Welcome aboard, Gina!