

**30 IN 5. DO OR DIE.**

**Q:** What is the single biggest monthly expense seniors face as they get older?

**A:** Prescription drugs to manage chronic disease.

**Q:** How can I spend less time and money managing illness as I get older?

**A:** 30 minutes of moderate exercise 5 days a week has been clearly shown to reduce the risk and severity of heart disease, stroke, diabetes, cancer, and complications from obesity. These diseases represent the top 5 leading causes of death in this country.

**30 in 5.  
It's that simple. It's that hard.**

**Physical Therapy**

**Hand Therapy**

**Athletic Training**

**FitTest Fitness Physicals**

**Golf Conditioning &  
Rehabilitation Program**

**THE PHYSICAL THERAPY  
CLINICS, INC.**

**Antelope Physical Therapy**  
7918 Zenith Drive  
Citrus Heights, CA 95621  
Phone: (916) 726-6622  
Fax: (916) 726-3775

**Performance Physical Therapy**  
10390 Coloma Road, Ste. 7  
Rancho Cordova, CA 95670  
Phone: (916) 858-0950  
Fax: (916) 858-0972



**EXERCISE NOW.  
SAVE BIG LATER.**



**REFORM YOUR HEALTH**

**The Physical Therapy Clinics, Inc.**

*Where Compassionate Care and Effective Results Meet*

[WWW.PTCLINICS.COM](http://WWW.PTCLINICS.COM)

## WHY IS IT SO HARD?

Most exercise venues are geared towards folks who are already successful exercisers. They don't adequately address the very REAL barriers that exist for 40% of the population who doesn't exercise or for the 50% of individuals who start an exercise program and then drop out within 6 months.

If you are still reading this brochure, you may be just like millions of other Americans for whom there are tremendous barriers to exercise. Read on – we can help!



IF EVERYONE EXERCISED  
30 MINUTES EACH DAY,  
HEALTHCARE WOULD  
RADICALLY CHANGE.

## WHAT'S STOPPING YOU?

- Did you know 30 minutes of exercise 5 days a week can save the lives of almost 300,000 people per year from death due to heart disease; or decrease your risk of developing diabetes by as much as 58%; or having a stroke by as much as 46%?
- If you are a woman, exercise can decrease your risk of breast cancer by 20% and, should you get breast cancer, exercise can decrease your risk of death by 25% to 50% depending on the intensity of your work out.
- But do you actually know what to do? Which muscle groups should you work? Are some muscles more important than others? How hard should you work? How long? How many repetitions? What level of resistance, if any, is best?
- If you are a new/returning exerciser, you are more likely to succeed with specific guidelines, group support, and routine feedback. Don't go it alone – it's too easy to cheat.



## 3 STEPS TO SUCCESS

### STEP ONE

#### GET YOUR ANNUAL FITNESS PHYSICAL TODAY!

- Establish baseline measures of strength, flexibility, and endurance
- Account for previous injury history and exercise experience
- Receive an individualized *Exercise Prescription* designed to meet your health goals, address your lifestyle constraints, and provide specific dosage, frequency, and duration.

### STEP TWO

#### FIND SUPPORT!

- Find a group class, a trainer, or a group of friends that will help guide you, provide ongoing and knowledgeable feedback, and keep you committed.

### STEP THREE

#### TRACK YOUR STATS!

- Keep track of your progress. Re-measure strength, flexibility, and endurance parameters at 1, 3, and 6 months to make sure you are on track to meet your goals, and to mod-

#### ACT NOW! REFORM YOUR HEALTH.

All Fitness Physicals are conducted by a  
Licensed Physical Therapist  
or Certified Athletic Trainer