



CONTACT: Lucinda Kay  
IT'S YOUR MOVE PR  
[Lucinda@lucindakay.com](mailto:Lucinda@lucindakay.com)  
O/509-325-3623 ★ C/509-280-6237

## FLOWERPOTS HAZERDOUS TO YOUR HEALTH? Physical Therapists ready for National Gardening Exercise Day

### For immediate release:

[itsyourmove.com](http://itsyourmove.com)

Pick up that trowel, grab those shears... it's time to get fit through gardening! On Monday, June 6<sup>th</sup>, 2008, thousands of gardening lovers across America will celebrate National Gardening Exercise Day. Before you "hit the dirt," seed your knowledge with tips from your physical therapist. Who knew that weeding could be good and bad for your health?

### Ergonomics research shows active gardening caused 87,000 injuries in 2004

It's Your Move Physical Therapists say gardening can be aerobic and strengthen muscles, so treat it like a sport. All major muscle groups get a workout. This means make the time to warm-up, stretch and cool down.

Physical therapists show the proper lifting and flexibility techniques to prevent injuries and sore muscles. PT's with [itsyourmove.com](http://itsyourmove.com) say, "Overuse of repetitive motions can cause tendonitis of the wrist and hands." And "if you're not in shape or not moving properly," they say "you can strain or irritate your muscles."

It's Your Move PT's want to prevent injuries before they happen and help gardeners receive the maximum health benefits from their passion. Choose a PT from [itsyourmove.com](http://itsyourmove.com) and then shovel, rake or dig away!

### TOP 5 MOST DANGEROUS GARDENING TOOLS

1. Lawnmowers
2. Flowerpots
3. Pruners
4. Spades
5. Electric hedge trimmers

Remember, it's your legal right to choose your own physical therapist. Choose physical therapy for health and fitness. Choose the therapist that's best for your family. Visit [www.itsyourmove.com](http://www.itsyourmove.com).

### TIPS FOR HEALTHY GARDENING

- Lifting & Carrying: Get a PT's advice, plus use your legs by bending your knees
- Use lightweight, long handled forks, spades and hoes
- Plant in raised beds, pots and containers
- Make sure tool-handles fit the size of your hands
- Take plenty of breaks and drink lots of water

For interviews with conversational physical therapists and great demonstrations, call Lucinda Kay: Office/509-325-3623 or Cell/509-280-6237.