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Contact: Lucinda Kay
IT'S YOUR MOVE PR
Lucinda@lucindakay.com
O/509-325-3623 ★ C/509-280-6237
www.itsyourmove.com

“GO LONGER, STRONGER & SAFER” PHYSICAL THERAPY PREVENTS WINTER INJURIES

For immediate release:

Let the powder fly! Ski and snowboarding season is upon us and all those moguls can take a toll on your body. A day on the slopes should be enjoyable *not* painful.

Why is conditioning for winter activities important?

- ▶ Keep you off the injury list and on the chair lift
- ▶ Perform better and stay in shape the whole season
- ▶ Increase strength, power and endurance

Shannon O’Kelley, with It’s Your Move says, “Winter Sports conditioning classes prepare you to hit the slopes. The classes strengthen the muscles around the knees, strengthen the core; the stomach and lower-back area and improve cardio so you can go longer, stronger and safer.”

What will you learn in a ski conditioning class?

- ▶ Core strengthening & flexibility exercises
- ▶ Cardiovascular endurance and mental alertness
- ▶ Fight Fatigue

Take the advice of It’s Your Move Physical Therapists and you’ll be in peak shape when you catch your first lift. Your knees will thank you. Your pocket book will thank you... those medical bills can be costly. Prevention is always cheaper.

Physical Therapy Helps Prevent These Most Common Injuries:

- ▶ Pulled Muscles
- ▶ Muscle Cramps
- ▶ Joint Injuries
- ▶ Heart Attacks (other cardiac problems)

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.

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