

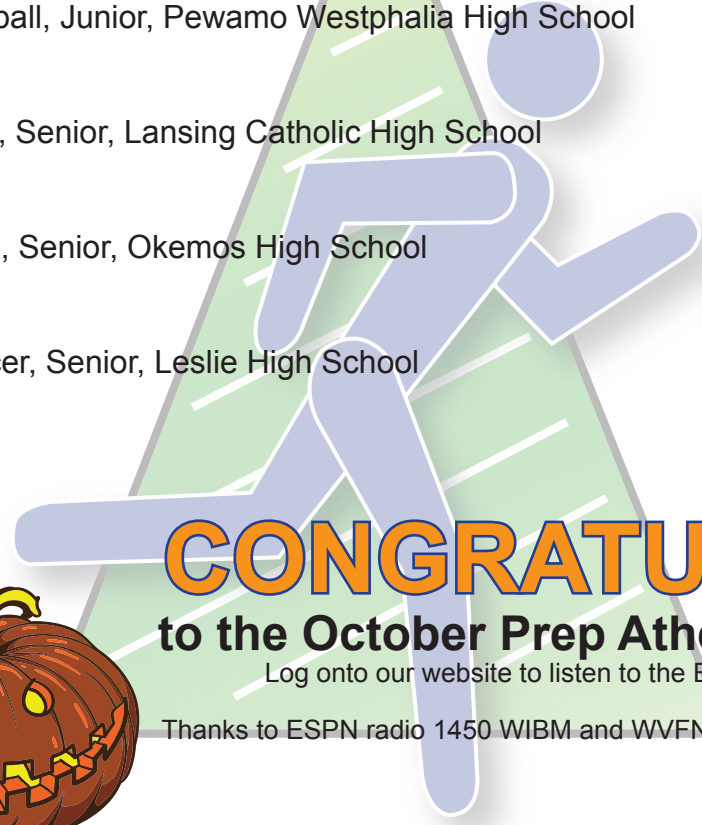
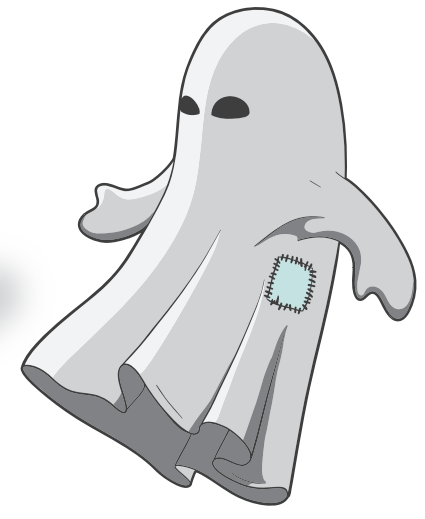
PREP ATHLETES

Week 1:
Madison Smith, Volleyball, Junior, Pewamo Westphalia High School

Week 2:
Cooper Rush, Football, Senior, Lansing Catholic High School

Week 3:
Hallie Thom, Volleyball, Senior, Okemos High School

Week 4:
Nicholas Jansen, Soccer, Senior, Leslie High School



CONGRATULATIONS

to the October Prep Athletes of the week!

Log onto our website to listen to the ESPN Radio spot at www.orsmi.com

Thanks to ESPN radio 1450 WIBM and WVEN 730AM The Game with Tim Staudt



October employee of the month:

Jason Sheets

Jason is easy going, fun, hard working and is always cognizant of co-workers situations & family schedules and is proactive in helping facilitate balance in everyone's work and personal lives. He goes above and beyond & way out of his way for his patients and especially his co-workers. Everyone loves Jason!



Jason Sheets

October patient of the month:

Keith G.

Keith comes to therapy early in the mornings and works very hard. Demonstrates a positive attitude and is kind to staff and other patients.



Contact Us!
www.orsmi.com
Toll Free:
877-202-2175



orsmi.blogspot.com

October 2011



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517-783-6670

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517-750-2540

113 South East Avenue
Jackson, MI 49201
517-990-6231

2040 N. Aurelius, Suite 5
Holt, MI 48842
517-268-9040

Getting **YOU** back to working,
playing & living!

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ORS now has online scheduling!
www.orsmi.com



October News

HAPPY 10th ANNIVERSARY

OCTOBER 17th

AARON HOLLY MSPT

Jerome Malone
PT/Founder
Chief Executive Officer
Kevin Barclay
PT, AT, ATC, SCS
Chief Operating Officer

Orthopaedic Rehab Therapists

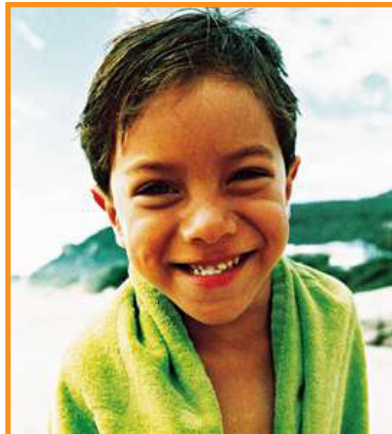
- Aaron Holly, MSPT
- Brandon Klump, MPST, AT, ATC
- Lisa McCarrell, PT
- Kim Cwynar, PT
- Cheryl Kennedy, DPT
- Barb Wilcox, PT
- Emily Klump, DPT
- Dave Polson, MSPT
- Becky Bowman, MSPT
- Adrienne Tawney, DPT
- Pamela Gordon, PT
- Michelle Moraska, DPT
- Leslie Kenney, PTA
- Michelle Dominick, PTA
- Angie Fiedler, PTA
- Taryn Holt, PTA
- Shayna Phillips, PTA
- Jason Sheets, PTA
- Julie Albin, PTA
- Bre Russel, PTA
- Erika Gerding, PTA
- Katie Vasko, DPT
- Alison Jacokes, PTA, AT, ATC
- Tara Beebe, PTA
- Morgan Martin, PTA
- Joanna Poynter, PTA
- Pedro Lopez, PTA
- Mark Marshall, PTA



PHYSICAL ACTIVITY & YOUR HEALTH

Regular physical activity is one of the most important things you can do for your health. Everyone knows exercise is good for you, but did you know how good?

1. It can improve your mood and mental health. Physical activity stimulates various chemicals in your brain that can leave you feeling happier and more relaxed. You also look and feel better when you exercise regularly, which can improve your self-esteem and confidence level. Regular exercise can even help prevent depression.
2. Combats chronic diseases such as, Type 2 diabetes, high blood pressure, osteoporosis and can lower cholesterol. Regular physical activity increases HDL, "good" cholesterol and decreases triglycerides. It can even reduce the risks of some cancers.
3. Helps control your weight. Engaging in physical activity burns calories. The more intense the activity the more calories you burn.
4. Boosts your energy level. Physical activity delivers oxygen and nutrients to your tissues which helps your heart and lungs to work more efficiently so you have more energy.
5. Reduces your risk of cardiovascular disease. It increases the circulation of blood through your heart and blood vessels, causing the heart to work more efficiently.
6. Promotes better sleep. A good night's sleep improves your concentration, productivity and mood.
7. Strengthens your bones and muscles, which improves your ability to perform daily activities, improves balance and decreases the risk of falls.



With so many exercises to choose from almost everyone can participate in some activity. Exercise comes in many forms and can vary in intensity. Choose an exercise that you enjoy, whether it is walking, running, biking or swimming because enjoying the activity increases the chance of you performing it. Finding the right exercise is a matter of finding an activity that helps you achieve your fitness and personal goals, is safe, enjoyable and challenging.

The recommended amount of exercise per week is 150 minutes of moderate physical activity or 75 minutes of vigorous activity. Some examples of moderate intensity are brisk walking or water aerobics and vigorous intensity are running or biking.

Tips for a safe and successful exercise program:

- Stretching: Before and after your workout.
- Start slowly: Gradually work your way up to 150 minutes.
- Set goals: Setting goals will keep you motivated.
- Reward yourself: Celebrate when you reach your personal goals.
- Track progress: Keeping a log of your workouts will help you keep track of your progress and improved fitness level.
- Vary your exercises: This will prevent boredom and keep you challenged.
- Be comfortable: Wear good shoes and appropriate clothing for the activity you are doing.
- Eat nutritious foods: Choose a variety of food daily such as, whole-grains, lean meats, low-fat or fat-free dairy, fruit and vegetables. Healthy foods will give you the energy you need to be active.
- Support system: Ask your family and friends for support and encouragement. Find someone to exercise with and help motivate each other.



Regular physical activity will help you feel and move better. Becoming physically active is a step in the right direction, whether your goal is to achieve or maintain a healthy weight or improve your overall health. It is never too early or too late to make physical activity a part of your life!