

Advertiser resource guide

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WHAT'S INSIDE

Women's Ski Tour has it all: Bonding, exercise...and chocolate	Page 3
Local organizations offer many options to get fit	Pages 4 & 5
Getting fit is sum total of healthy living	Pages 6 & 7
Tips to looking good from inside out	Pages 8 & 9
Personal trainer can help you achieve fitness goals	Pages 10
Pregnancy fitness requires precautions	Page 11



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One aspect of getting fit is eating right. For more on why people need to add more whole foods to their diet, see Page 5.

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TRAVERSE CITY
RECORD EAGLE



GREAT LAKES THERAPY HOUSE CALLS ...

Do you need physical or occupational therapy and don't feel like battling the winter roads? Now you don't have to! We'll come right to your home at no additional cost for nearly any diagnosis, including...

- Falls Prevention
- Balance Training
- Training for Bathing, Dressing, Grooming, Eating, etc.
- Gait Training
- Hip, Knee, Shoulder Replacement Surgeries
- Arthritis Management
- Low Back & Cervical Pain
- Low Vision
- Post-Stroke Therapy
- Ultrasound Therapy
- General Strengthening
- Iontophoresis Therapy
- Frozen Shoulder and Rotator Cuff Pain
- Weakness
- Vertigo / Dizziness

Do you fear falling or know someone who does? With 1/3 of seniors falling every year and 340,000 breaking a hip ... don't be a statistic. Call us for a FREE in-home balance assessment for yourself or someone you care about.



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Therapy is completely covered by Medicare Part B and Secondary Insurances

Would you like us to come give a FREE Falls Prevention Presentation to your church or senior group? Call **941-3100** with a time and place, and we'll be there.

"We'll see you at home."
PHONE: (231) 941-3100 • FAX: (231) 922-0382