



ALLIED
Physical Therapy
WELLNESS COMMUNITY™
Get back to what you love

Walking for Wellness

Walk your way to a healthier you!

For most of us, there is really no better way to keep fit!

With cooler weather finally here, we see more and more of our neighbors – and seasonal visitors – outdoors, taking advantage of the cooler temperatures to get in a little fresh-air exercise. Did you know that walking is one of the best ways for most of us to get our American Heart Association-recommended daily dose of exercise? It's not only an affordable, low-impact activity, it will also build strength, improve cardiovascular function, and lessen your risks for a number of serious health conditions:

- reduce risk of heart disease, stroke and diabetes
- improve management of conditions such as high blood pressure, high cholesterol, and diabetes
- improve joint pain, arthritis pain and muscular pain or stiffness,
- strengthen bones and improve balance
- increase muscle strength and endurance
- reduce body fat

The New Year is a perfect time to develop a new healthy habit: All it takes is 30 minutes each day to reap all these fantastic rewards for your health. It all adds up to a healthier you!

In this month's Best of Wellness Connection video, see how you can get started on your own walking for wellness program, with a few quick tips for safety and maximum benefit!

**Always check with your doctor before starting any exercise program.*

SCAN HERE WITH YOUR PHONE
TO SEE OUR VIDEO!



LASER THERAPY CAN HELP HEALING!

Laser therapy is a non-invasive treatment option that can accelerate healing for some physical therapy patients by improving blood circulation, which helps deliver oxygen and nutrients to damaged tissues. These effects reduce pain, swelling, and stiffness, shortening recovery times. Laser therapy is typically painless and well-tolerated, making it a valuable addition to a comprehensive rehabilitation plan. Call (239) 242-0070 to make an appointment!



1469 SW 4th Terrace • Cape Coral FL 33991

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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