

Wellness Monthly



By: Orthopedic & Sports Physical Therapy
December 2009

Merry Christmas!



Staff Feature **Tony Eggiman- PT, DPT**

Tony grew up in Moorhead, MN and graduated from Moorhead High School. He then attended Concordia College in Moorhead, MN where he earned his Baccalaureate degree in biology with a minor in psychology. Tony then attended the University of Saint Catherine's where he attained his Doctorate of Physical Therapy degree. While at the University of St. Kate's he volunteered at the Native American Foot Clinic that specializes in diabetic foot care. Tony's clinical experience includes 3 out-patient physical therapy clinics in Hastings, MN, Cottage Grove, MN and Chanhassen, MN. He has also treated patients acutely at Fairview Ridges Hospital in Burnsville, MN and in-patient rehabilitation at MeritCare's South University Campus in Fargo, ND. Tony's interests in physical therapy include Sports Medicine and General Orthopedics. Tony lives in Breckenridge, MN with his wife Lindsay and son Charlie.

Announcements



Congratulations to Tera Bahl!!
Tera is getting married December 31st!

Wedding Anniversaries Coral Verhaagen- 11th

Joke Submitted by Ben Guck- PT, DPT

Q: How do you know Santa has to be a man?

A: No woman is going to wear the same outfit year after year.

Q: What do you get if there is a fire in the fireplace when Santa goes down the chimney?

A: Crisp Kringle.

Q: Why does Scrooge love Rudolph the Red-Nosed Reindeer?

A: Because every buck is dear to him.

Services at OSPTI

Physical Therapy
Occupational Therapy
Massage Therapy
Paraffin Wax
Aqua bed Massage
Open Gym
Open Pool
Personal Training

What's happening at OSPTI

Water Aerobics- \$30/mo 2x/wk
Monday & Thursdays 10:30 am
Tuesday & Thursdays 5:15 pm
Water Arthritis- \$15/mo 1x/wk
Wednesdays 9:00 am

(Prices subject to change 1/1/2010)

Visit our website at:
www.ospti.net

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Steps to Prioritize Your Exercise

By: Melissa Wynn

Exercise is essential to achieving and maintaining good health, yet only a small percentage of Americans exercise. And even fewer do it consistently. To break the mold, you need to be bold! Follow these 5 steps to find success with your exercise program.

1. Design a Plan. Keep it simple, but be specific. Ask yourself what it is you want to change. Be honest, is it eating habits, weight loss, or to decrease joint pain. Write them down.

2. Start SMART. Now that you have identified areas of change – follow the SMART method of goal setting. Set goals that are: Specific, Measurable, Attainable, Realistic, and Timely. It is not specific enough to say, I want to exercise more. Quantify the amount – 4 days a week for an hour each day. Make sure to have a plan B, C, and possibly D. Remember life happens. List your goals and rank them from most important to least.

3. Design an exercise program that works for YOU! Make a list of the type of exercises you would enjoy doing the most. Do you like to swim, walk, lift weights, or do Wii Fit? If you have joint discomfort in your knees or ankles - you want to consider a workout in a swimming pool or on an exercise bike. Look around and be resourceful. Find what fits your budget and your style.

4. Schedule your exercise in your planner. This is the most important element to the success of your program. Put your workout days and times into your planner. Now stick to the plan. If you are really struggling to find a consistent time, consider waking up early. It takes awhile for this to become a habit, but once it does you have a time slot without distractions or commitments.

5. Recruit a workout partner. Find a friend or family member to workout with you. You will be more consistent if you are accountable to another person. It is good to have a support system for the days when you need a little push to workout.

The key is not to prioritize what's on your schedule, to schedule your PRIORITIES. Without scheduled workouts planned into your weekly schedule, there is a high chance that they will not happen. Commit to "Get Fit"! Prioritizing your health will give you a lifetime of benefits.

**Look for our
GET FIT CHALLENGE
Beginning January 4th 2010**

**OSPTI
ORTHOPEDIC & SPORTS
PHYSICAL THERAPY INC.**

Striving to Meet Your Goals!
For further information please contact OSPTI at
218-641-7725