

5 Points of Optimal Health



MOVE

Get started on increasing physical activity, improving heart health, increasing strength and balance, improving joint function

FUEL

Make better food choices that help to improve blood pressure, inflammation, hearth health

ENDURE

Learn tips for building resiliency, tackling stress, and increasing your positive outlook on life which can impact not only your mental health, but your physical health as well

RECOVER

Learn about the importance of sleep and how it is linked to different areas of health. As well as strategies to improve the quality and quantity of your sleep.

CONNECT

Learn about the power of connection and relationships and how improving them, improves your health.

Lifestyle Changes: Simple but Not Easy Let Us Help with Our New Program:

NAVIGATE

Helping you on your journey to a healthy lifestyle



- ✦ Does the fresh new year and decade have you thinking of changes you'd like to make to improve your health and wellness?
- ✦ Are you unsure of how to start with such big life adjustments?
- ✦ Do you need some guidance and accountability?
- ✦ If you answered yes to any of these questions, our program is for you!

Our brand new **NAVIGATE** program at Blackstone Valley Physical Therapy Services is designed to improve the wellness of our community. We've been caring for the aches and pains of the "area" for 30 years. We've rehabbed injuries, new hips and knees, and returned people to work. In this new decade, we want to provide even more for the community. We want to work alongside people to optimize their health. What does this mean? We are here to guide and support lifestyle changes that improve quality of life, decrease risk for chronic disease and set you on the path to wellness.

We all have a sense of the changes we should make to improve health. Eat more vegetables, exercise, stress less. The concepts are simple but not easy to implement. That's where we come in. Our goal is to provide you with the education you need to fully understand the importance of these lifestyle changes and how they relate to your goals and visions for your ideal life. Then we provide you with resources, and tools to make the implementation of it all much easier. Along the way, we'll be checking in with you to see how it's going and keep you on track for success!

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