

TheraCORE

Physical Therapy

16622 W. 159th Street STE 503, Lockport, IL 60441

(815)838-5070 www.theracorept.com

Holiday 2009/2010

Thanksgiving is over. Christmas is only a few weeks away. This season marks the time of year when many of us will set goals for our future. A high percentage of these goals will be centered on health and wellness. One of the goals that TheraCORE has set is to be able to deliver multiple aspects of wellness to the people of the community. Within the past month, we have expanded the services that we offer. We now offer a full range of nutritional counseling and classes with Amy Bork, registered dietitian. We also have, available to you, personal training with Paul Girardi, certified personal trainer from Metabolic Fitness Management. As we become closer to reaching our goals as a company, we have services available to you that will make it easier for you to reach your own personal goals. In this special holiday addition of our newsletter, we will introduce you to Amy and Paul, as well as the services that they will provide at TheraCORE.

We would like to extend our thanks to you for your continued support of TheraCORE and our company vision. Have a wonderful holiday season!



The Benefits of having a Personal Trainer

Achieving personal fitness goals can be difficult, especially if you have very high aspirations or are a beginner who is inexperienced with fitness tools. Working out with a personal trainer can yield significant benefits that can help you achieve your goals.

Focus

Working with a trainer will help keep you focused on your fitness goals, which will keep you from slacking off on lifts and exercises. The trainer will also help hold you accountable to your commitment of a healthier lifestyle.

Form

A trainer will be able to instruct you on good form so you will get the most out of your workouts while limiting the chances of injury. Having an outside observer watch you lift is a great way to eliminate problems with form.

Planning

Personal trainers can use their expert knowledge of fitness to help you make a detailed fitness plan that will guide you toward your goals the most effective way possible.

Interaction

Working out can become a solitary pursuit that can become monotonous over time. Regularly interacting with another person during workouts can make gym sessions more interesting and fun.

TheraCORE, Inc. is pleased to announce the addition of Paul Girardi, certified personal trainer from Metabolic Fitness Management, to our team. Paul became a certified personal trainer at the National Personal Training Institute. He has over 4 years experience in the health club, studio and home settings. Paul's specialties include sports specific performance enhancement, special conditions such as pregnancy and injury, weight loss and muscle gain.



Who needs a registered dietician the most?

The American Dietetic Association has compiled a list of people who most need the services of a registered dietician and have deemed these individuals "nutritionally challenged." The list of nutritionally challenged individuals includes:

- Those who need to lose some weight.
- Those who have recently undergone gastric bypass surgery.
- Those who want to eat healthier and smarter and want to learn how to properly read labels on food and to dispel many commonly held health and food myths.
- Pregnant women or women who are breastfeeding.
- Those who suffer from diabetes, high blood pressure or heart problems.
- Those who play sports and want to improve their performance and endurance.

If it is a nutritional plan you need then you should make an appointment with a registered dietician.

TheraCORE, Inc. is pleased to announce the addition of Amy Bork, a nationally registered, state licensed dietitian to our staff. Amy specializes in providing nutritional strategies that are aimed at improving overall health and wellness and helping to manage conditions such as obesity, heart disease, and cancer. Amy's experience and skills will be a great asset to the patients, members and surrounding community of TheraCORE.

If you are ready to take the step in achieving your personal goals, and would like to schedule an appointment to meet with Amy and/or Paul:

Amy will be seeing patients at:

TheraCORE
Therapeutic Center of Rehabilitation and Exercise
16622 W. 159th Street, STE 503
Lockport, IL 60441

By Appointment Only

*To contact Amy, or to schedule an appointment call
(815)838-5070*

Paul will be seeing clients at:

TheraCORE
Therapeutic Center of Rehabilitation and Exercise
16622 W. 159th Street, STE 503
Lockport, IL 60441

Hours

8am-8pm Monday through Friday
9am-3pm Saturday

Phone: 815-980-1102

