



PHYSICAL THERAPY  
- & -  
INJURY SPECIALISTS

*Staying Active for WORK. SPORT. LIFE.*

303-757-1554

# Shower Yourself with Healthy Living

~ May 2013 ~						
Sun	Mon	Tues	Wed	Thu	Fri	Sat
			<b>1</b> Be active for 20 minutes everyday	<b>2</b> Drink eight glasses of water everyday	<b>3</b> Take a walk in the park	<b>4</b> Try a new fruit you have never tried
<b>5</b> Go for a bike ride	<b>6</b> Try a <b>Pilates</b> class at PTIS	<b>7</b> Get 8 hours of sleep	<b>8</b> Do 20 minutes of cardio	<b>9</b> Work your arms: Bicep curls Tricep dips	<b>10</b> Make a healthy food choice	<b>11</b> Go to the park and play Frisbee and/or lay in the grass and look at the clouds
<b>12</b> Read a book	<b>13</b> Schedule a body "tune-up" with your <b>physical therapist</b>	<b>14</b> Do 5 push ups and 25 sit ups	<b>15</b> Take a 10 minute walk at lunch	<b>16</b> Try a <b>TRX</b> class at PTIS	<b>17</b> Do not eat processed food	<b>18</b> Stretch for 15 minutes
<b>19</b> Go for a hike	<b>20</b> Schedule a <b>massage</b> at PTIS	<b>21</b> Hold a plank for as long as you can	<b>22</b> Try a vegetable you have never tried	<b>23</b> Schedule with <b>PTIS</b> for a home exercise program	<b>24</b> Take the stairs	<b>25</b> Get rid of clutter
<b>26</b> Do yard work	<b>27</b> Happy Memorial Day! Spend time with family and friends	<b>28</b> Park at the far end of the parking lot.	<b>29</b> Try a new healthy recipe	<b>30</b> 15 squats 20 crunches 30 second plank 10 push ups	<b>31</b> <i>Be inspired to continue healthy living in June</i>	<b>Notes:</b>