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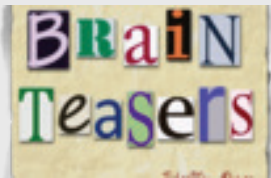
**Newly Designed Website**

Exciting news.....we've updated our website!! Visit [www.ptpti.com](http://www.ptpti.com) and check us out! Feel free to SHARE this post to help us spread the word. If you have any comments or suggestions please feel free REMEMBER, if you're in need of physical therapy we're here to help-724-744-7200.

**REFERRAL APPRECIATION**

**Penn-Trafford Physical Therapy Inc.**, would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift certificate. So, if you recommend us to others, you too can have your name entered into a drawing for a gift card.

**Carol Schlotter** will receive a gift certificate for being selected from our last referral appreciation drawing. Thank you!



*This issues brainteaser is challenging, make sure you really think this one through.....*



The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. **Call 724-744-7200 with your answer.**

We had 22 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Nancy Fisher**. Congratulations Nancy and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:  
**(GET IN SHAPE)**



**PENN - TRAFFORD  
PHYSICAL THERAPY, INC.**

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**Welcome to our 52nd Penn-Trafford Physical Therapy Inc. Newsletter**



Winter can be a season you either love or not. You can stay inside where it's nice and cozy, sit by the fire, enjoy a good movie or two and wait (and wait) for spring to come.....or you can embrace the outdoors and go hiking, skiing, or any other outdoor activity you can think of! Whichever avenue you choose, just remember it's important to keep yourself healthy and active.

Did you know you can avoid chronic diseases with regular physical activity? Please take a moment to read our article, "Avoid Chronic Disease with Regular Physical Activity" and see how much physical activity you should be doing and how a physical therapist can help.

**How Much Physical Activity Should I Do?**

According to the guidelines, the following is recommended:

1. Preschool-aged children (ages 3 through 5 years) should be physically active at least for 3 hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
2. Children and adolescents (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
3. Adults should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least 2 days for muscle-strengthening activities. Adding more time provides further benefits.
4. Older adults (ages 65 and older) should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
5. Pregnant and postpartum women who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary adjustments.
6. Adults with chronic health conditions and disabilities, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a health care provider about the types and amounts that are appropriate for you.

**How a Physical Therapist Can Help?**

Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care, and patient education.

After making a diagnosis, physical therapists create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.

Physical therapists empower people to be active participants in their own treatment, and they work collaboratively with other health professionals to ensure patients receive comprehensive care. Penn-Trafford Physical Therapy would love to talk to you regarding a personalized treatment plan, just give us a call at 724-744-7200 to schedule your appointment.

*Article provided by APTA*



Please "LIKE" Penn-Trafford Physical Therapy on Facebook and see what helpful information we have to offer.



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.



Please look for us on Instagram under the name [penn\\_trafford\\_physical\\_therapy](https://www.instagram.com/penn_trafford_physical_therapy) and FOLLOW US!!!

**Avoid Chronic Disease with Regular Physical Activity**

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control, and overall quality of life. The second edition of the Physical Activity Guidelines for Americans, reports that approximately 80% of US adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression. The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

**Hope you enjoyed the newsletter and if you have any suggestions for future topics call us at 724-744-7200.**

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