



“If we did all the things we are capable of doing, we would literally astonish ourselves.” Thomas Edison

Health care (cost, how it is delivered, who will pay, who will decide what treatment a patient will receive) is a big topic of conversation right now. We are right to be concerned about the effect that current legislation (2000 + pages) will have on the practice of medicine and we should make opinions heard. However, while these important issues are debated, bargained and lobbied for, as far as I am concerned the single most important change can be made NOW by each one of us.

Cathy Busby

IT'S ESSENTIAL THAT CONSUMERS OF HEALTH CARE BE INFORMED AND INVOLVED

It may come as a surprise to hear that many chronic and expensive health problems can be prevented or well-controlled through lifestyle changes and prevention. The most common reasons people seek health care (and the top expenditures of health care dollars) are cardiac problems, high blood pressure, diabetes, joint problems and back pain. Even many forms of cancer MAY POSE A GREATER RISK if we are unhealthy in other ways. If we adopt a lifestyle of appropriate exercise (mental and physical), healthy nutrition, and a balanced emotional/spiritual life, each of us can be an important factor in improving the quality of our life, perhaps the length of our life and in saving money – no matter who is paying (and in the end – WE ARE ALL PAYING!).

Start off this year right by reforming your health - make a commitment to do all you can to make your body work for you – to do what you want to do, now and in the future.



Omron Body Composition Monitor & Scale:
Measuring body composition and weight

Take care of those aches and pains that are repetitive or chronic by letting us find the underlying cause and making improvements in strength, flexibility, endurance and faulty habits for lasting pain-free living. Consider PT at Physical Solutions, to get you healthy enough for regular, appropriate and meaningful exercise. Then let us design and direct your exercise program to achieve your goals.

The top New Year's resolution for many people is to lose weight. While achieving a healthy weight is important, maintaining that weight and achieving a healthier proportion of lean body mass are more important factors in the long term.

AROUND THE OFFICE (AND BEYOND!)

We've been busy testing the latest technology involved in improving and maintaining a healthy activity and weight level. As we get more experience with these technologies, we'll give you an update of how they're working and which ones we recommend.



The BodyBug: Measures activity, exertion, and calories burned throughout the day.



The BioTrainer: Measures activity through the day.

At each stage of life it is important to understand what it takes to get healthier, and realizing what has changed about your body so that you can achieve your health goals safely.

Call now for your physical therapy, personal training or small group training to feel your best – starting this year.

QUICK LINKS...

The BodyBugg: <http://www.24hourfitness.com/training/bodybugg/>
 (as seen on Biggest Loser). This device measures not only forward movement like a pedometer does, but also correlates calorie loss with motion from multiple directions, steps walking and running, and skin response (sweat levels and skin response).

BioTrainer: <http://www.biotrainerusa.com/>
 Incorporates frequency, duration and intensity of physical activity and ties it to an online program to get a better feel for the caloric use-input balance.

Omron Body Composition Monitors:
<http://www.omronhealthcare.com/products/230-home-products-body-composition-monitors>
 Measures body weight, % body fat, visceral fat level, skeletal muscle %, resting metabolism, body age and body mass index.

UPDATE ON HOLIDAY DONATIONS FOR INTERFAITH FOOD SHUTTLE

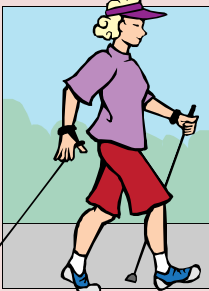
Physical Solutions is proud to announce that individual donations, matched by Physical Solutions totaled \$250. Thanks to all who donated to this great cause - many will be blessed by your generosity!

ABOUT PHYSICAL SOLUTIONS

Physical Solutions was founded by Cathy Busby to provide effective, efficient solutions to relieve pain and to return individuals to the highest level of function possible. Cathy's experience as an athlete, teacher, coach, and physical therapist gives her a unique perspective to help you work toward peak physical performance, whether you're an athlete or if you just want to be able to do daily activities without pain.

Cathy's unique ability to biomechanically analyze movement and her manual therapy skills leads to effective correction of each individual's problem. Working with her team at Physical Solutions, clients can move seamlessly to a fitness/ training program in a safe environment to achieve the best physical condition and health ever.

If you would like to sign up for a regular email version of this newsletter delivered to your email inbox, sign up on our website (<http://physicalsolutionsnc.com>) or contact our office and we'd be happy to add you to the list.



What's holding you back from your personal health reform?

Come in for a free consultation and talk with us about some of the aches and pains preventing you from achieving health reform. Have a free, personalized visit with one of our licensed physical therapists.

When you call to make an appointment, mention this offer for your free consultation.