

JERSEY CENTRAL

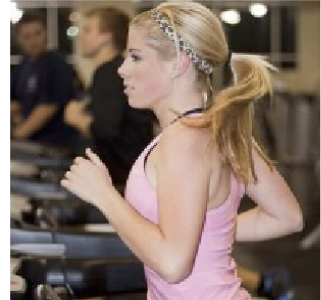
PHYSICAL THERAPY FITNESS

Personal Training and Exercise

Did you know that exercise has several health benefits? Here are the top 5 reasons to exercise:

Reason #1: To Reduce Pain

Individualized, regular exercise (the kind prescribed by our Personal Trainers) is a great way to reduce your pain. Strengthening your core can decrease low back pain and protect against future injury. It's amazing how many people with chronic pain start to find relief after starting an exercise program provided by one of our experienced Personal Trainers. If you are not sure where to begin, we will be happy to assist you in the creation of a safe, effective exercise plan.



Reason #2: To Increase Muscle Tissue

Increased strength allows you to complete your daily tasks with ease. Imagine if simple things like walking, going up the stairs, picking up groceries, or playing with your children became easier and more enjoyable. What would that do for you?

A well-designed, progressive exercise provided by one of our Personal Trainers will help tone your muscles.

Reason #3: To Drop Pounds of Fat

The best benefit of exercise is fat loss. It is no secret that a combination of exercise and a balanced meal plan is the best known way to lose fat. Here's what fat loss can do for you:

- Your clothes fit better
- People around you begin to compliment you on your new appearance
- When you look in the mirror, you look several years younger
- Your energy levels soar
- You feel great!



Reason #4: To Control Blood Sugar

Regular exercise helps stabilize blood sugar levels. If you or someone you know has type 2 diabetes (or is at risk for type 2 diabetes) exercise will help your body to better utilize sugar because exercise positively impacts insulin sensitivity. A combination of weight loss and improved blood glucose control has several health benefits. You should consult your doctor before you begin any exercise with the intention to control your blood sugar.

Reason #5: To Lower Blood Pressure and Cholesterol Levels

Exercise helps your heart in 2 ways:

1. By exercising, you strengthen your heart muscles so they pump more blood with less effort; this decreases the pressure on your arteries.
2. Exercise increases HDL (the "good" cholesterol) levels in some people. This decreases your risk for heart disease. Other heart disease risk factors such as weight, diabetes, and high blood pressure also improve with regular exercise.

Exercise Boosts Your Energy Levels

The quickest, easiest way to guarantee that you'll meet your health goals is to work with our highly qualified Personal Trainers under the direction of our Board Certified Physical Therapists.

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You will be provided with an exercise plan that best suits your needs and preferences. You will receive personal attention and will be shown techniques and strategies that will help you return to doing things with greater ease.

Call or email our office today to get started on a program that will give your health a "jump start" in the right direction.

PLEASE CONTACT US FOR MORE INFORMATION

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