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## How To Keep Motivated?

### Six Tips On Being Active This Winter

**SET A GOAL** The best way to create action or excitement is to set a goal and start working on it. Your goal may be to eliminate back, neck or shoulder pain or it may be to lose 5-10 pounds. This clearly defined goal is known as your end result.

**CHOOSE THE RIGHT ACTIVITY** Do you enjoy exercising alone or with a friend? Do you enjoy competitive activities such as tennis, golf or basketball or you enjoy non-competitive activities such as walking, weight training or cycling? Make a list of 3 possibilities on a piece of paper.

**START SLOWLY** In the beginning it's easy for many people to get so excited about their new exercise program that they

over do it and burn out. Avoid going too far too fast by gradually increasing your exercise program from 15 minutes every other day to 30 minutes everyday.

**ADD VARIETY** To prevent boredom try something new and exciting at least once a year. If you don't feel you have the right skills then your Exercise Therapist can help you. Every activity requires muscular strength, coordination and balance. Choosing to get help from the beginning may mean the difference between success and injury.

**LIST ALL THE BENEFITS** The benefits of physical activity are unlimited. At KATCH LIFE our clients benefit from greater strength, muscle tone, endurance, self-confidence, energy

and sleep They also manage their weight and suffer less pain. What benefit would help you the most?

**BOOK YOUR HEALTH CONSULTATION** The KATCH LIFE Introductory Health Consultation includes everything you need to get started on your injury rehabilitation or fitness program. You will receive a muscular fitness assessment, height, weight, heart rate and blood pressure monitoring and a personal goals assessment. This extensive package, valued at \$99.00, is ONLY \$35 for a limited time!



### What is an Exercise Therapist?

An Exercise Therapist will help you overcome injury and pain. You will learn how to improve your health and prevent future injury. Each session is approximately an hour. Sessions are 1-5 times per week depending on need and ability. A typical session includes the following components: warm up, light stretching, muscular strength, muscular endurance, cool down and deep stretching.

The benefits of Exercise Therapy include: Injury Rehabilitation, Weight Loss, Flexibility, Muscular Strength and Tone, Cardiovascular Endurance, Balance and Coordination. Additional benefits include: Increased Bone Density, Greater Energy, Better Sleep, Less Stress, Less Pain and more fun!!!

**KATCH LIFE** Health & Wellness 3373 Skaha Lake Rd (across from the waterslides)  
**TEL: 492.2755** www.katchlife.com *Holiday Gift Certificates NOW AVAILABLE!!!*