

CALENDAR OF EVENTS

NOVEMBER

November is American Diabetes Month

Nov 11 - Veterans Day

Nov 14 - World Diabetes Day

Nov 19 - Great American Smokeout



DECEMBER

Dec 31 - New Year's Eve - Make a resolution to get strong with ActiveRx!



BUILDING STRONGER BONES, JOINTLY

By *Wayne Phillips, Ph.D., FACSM, CIC, CVS-FR*
Strengththerapy Research & Training Director | Chair, Scientific Advisory Board

Osteoporosis is a disorder that weakens bones and puts them at a high risk of fracture. It also causes joint pain, making walking much more difficult, and this often results in a dramatic reduction of independence, vitality and quality of life. More than 54 million Americans suffer from Osteoporosis and its impact is worsened by falls; one in two women and one in four men over the age of 50 break a bone because of this condition.

The good news is that, while drugs are still the standard treatment, strong evidence now exists to show that strength training is a safe and effective 'treatment' for Osteoporosis. The American College of Sports Medicine, for example, recommends moderate to high intensity strength exercise as the optimal approach for increasing bone strength. This is just the kind of approach we take with our Strengththerapy Regen sessions! Studies over the last 20 years have shown that, for both men and women, strength training can safely increase bone strength by 3-4% in as little as 6 months. Incorporating higher intensity bodyweight movements, such as hopping, into strengthening sessions produces even more impressive results in bone building. Strengththerapy = Stronger Bones!

FIVE REASONS TO CHOOSE ActiveRx

1.

You get **STRONG**.

Our members will also tell you that 'Strength Changes Everything'. *Building Strength Builds Bones.*

2.

Our approach is **SCIENTIFIC**.

Over the last 20+ years, we have published many studies on the diverse benefits of strength as we age. *Science Supports Strength for Bones.*

3.

It is **EMPOWERING**.

Strength provides greater levels of independence, increases your quality of life and, more importantly, your autonomy. *Empower Your Bone Strength.*

4.

We are a **COMMUNITY**.

We increase strength together. Our Strengththerapy teams also co-create strong 'joint relationships' with you and your physician. *Come Build Bones With Us.*

5.

It is **NURTURING**.

As we work together with our members to increase strength, we co-create safe, supportive and long lasting relationships. *We Build Bones With Care.*

NOW OPEN IN SUGAR LAND, TEXAS

By Gavin Reichman, Managing Director of ActiveRx Sugar Land, TX



With eagerness and excitement, the motivated ActiveRx Capstone graduates from Houston successfully opened their first location in Sugar Land, Texas on June 29th.

Strengthening has landed in Houston and it was a busy first week filled with personal consultations, evaluations and orientations. Volunteers showed up with eagerness for their appointments, giving the team a tremendous boost for what proved to be a

great beginning. As the week ended, volunteers were scheduled for Regen Sessions. And just when things couldn't get any better, the week closed with a script to evaluate and treat the first patient for the new region!

The official Grand Opening celebration occurred with a festive party at the center on July 16th. The week was filled with excitement including a visit from Dr. Wayne Phillips, who led Strengthening Sessions that energized the center. Paul Reilly and Mark Osborn were also in town for the event and provided tremendous support by joining sales calls, talking to the media, and rolling up their sleeves to help put the finishing touches on the center just in time for the ribbon cutting and the influx of guests.

Since the opening, the Sugar Land center has continued to thrive. Both Rehab and Regen have experienced better than expected growth, which doesn't look like it's slowing down any time soon.

STRENGTH THERAPY CENTERS OPENING SOON

Las Vegas, NV
November - December 2015

Trumbull, CT
November - December 2015

Park Ridge, IL
March - April 2016



TESTIMONIAL FROM A PHYSICAL THERAPY DIRECTOR

By Amy Vant, Director of Strengthening Rehab at ActiveRx Hinsdale, IL

This month, we are implementing Strengthening 2.0 into our Hinsdale, IL ActiveRx center. As a clinician, I am excited to be able to offer my patients an evidenced-based, outcomes-driven approach that focuses on strength, independence and meaningful goals. The autonomy-supportive system fosters an environment of success, empowerment and motivation.

Our Strengthening® System offers services for individuals of varying capabilities and conditions. The beauty of this system is that there is no end point or maximum benefit. When my patients reach their physical therapy goals, I do not have to discharge them from our care. Instead, I can offer them the opportunity to further improve their physical function and strength through graduation onto Strengthening Regeneration sessions.



STRENGTH CHANGES EVERYTHING

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