



PRO PT offers:

- Large Exercise and Fitness Areas
- Fitness memberships at **\$25** per month
- Aquatic/ Aerobic classes starting soon
- Individualized screenings, consults, and initial program development
- Highly trained physical therapists and wellness staff for daily monitoring and progression
- On-site showers and changing areas



PROPT
 "Your key to
 quality rehabilitation"

Fitness Center

If you have a physical therapy or fitness need or would like additional information, please contact us.

Preston Rehabilitation and Orthopedic
 Physical Therapy
 RR 3 Box 1527
 Kingwood, WV 26537
 Telephone: (304) 329-3739
 Fax: (304) 329-3250
www.proptwv.com

PRESTON REHABILITATION & ORTHOPEDIC PHYSICAL THERAPY

"Your key to quality rehabilitation."



FITNESS AND WELLNESS PROGRAMS



Route 7 West of Kingwood
 Monday-Thursday 7:00AM–7:00PM
 Friday 7:00AM – 5:30PM
 (304) 329-3739
www.proptwv.com

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Equipment Available:

- Treadmills
 - Stair Masters
 - Stationary Leg and Arm Cycles
 - Elliptical Trainers
 - Hoist Multi-Gym
 - Variety of free weights
-
- Monthly and yearly memberships available
-
- Gift Certificates for all occasions available



Call 304-329-3739

WALKING FOR EXERCISE

Walking is great low-impact exercise for developing and maintaining cardiovascular fitness. You can walk anywhere at any time, and, unlike some fitness regimens, your only expense is comfortable clothing, a good pair of shoes, and possibly a fitness membership.

Physical therapists support the US Surgeon General's recommendation that adults need at least 30 minutes of moderate physical activity 5 or more days a week to be healthy; children and teens need 60 minutes. Walking is associated with a reduced risk of heart attack, and regular exercise decreases your risk of developing type 2 diabetes. Other benefits of walking include increased energy, improvement in cardiovascular fitness, increased muscle tone, stress reduction, and weight control.

Before You Start:

If you answer yes to any of these questions, check with your physical therapist or physician before you begin a walking program.

- Do you have heart trouble?
- Do you experience pains or pain on your left side (neck, shoulder, or arm) or breathlessness when you are physically active?
- Do you often feel faint or have dizzy spells?
- Do you have high blood pressure?
- Do you have bone or joint problems that could worsen if you are physically active?
- Are you over 50 and have not been physically active?

Customize Your Walking Program:

To get the most out of your walking program, you'll need to stick with it consistently.

If you've been inactive and tire easily, gradually build up your pace and distance.

If you can't set aside at least 30 consecutive minutes, then split up your time to reach 30 minutes daily.

Choose a fun and safe place to walk. The best walking surfaces are flat, firm, and not too hard. A treadmill at your fitness center works great on those days the weather doesn't allow you to get outside.



One of the most important steps you can take is to wear the right shoes.

Consider the following:

- The insole should match the arch of your foot.
- The sole should be made from a foam material for cushioning and it should bend at the forefoot rather than the midfoot.
- The heel should be made from a foam material to provide shock absorption.
- Breathable materials such as leather and cotton canvas are preferable to synthetics or plastic.
- The toe box should provide plenty of wiggle room for the toes in both depth and width.
- The heel grip should hold the heel snugly in place. A padded cuff at the top opening may provide a firmer grip and cause less friction on the skin.