

# Please join the ProEx Staff in our ***Tour de ProEx*** “Move” Challenge



## **Did you know we just opened our 10<sup>th</sup> ProEx clinic located in Boston’s Back Bay?**

To announce the opening of our new clinic (and celebrate October as National Physical Therapy month) we are challenging our patients to be active for 28 minutes a day from October 16<sup>th</sup> to October 25<sup>th</sup>.

## **Who will be participating in this challenge?**

ProEx staff are eager to participate and all past patients, friends of ProEx and our current patients across our ten clinics are invited to join in.

## **Why 280 minutes over 10 days?**

If you were to visit each one of our 10 clinics, you would travel an approximate distance of 280 miles. 280 minutes.... Every 1 minute represents 1 mile

## **What type of activities count?**

Every type of activity can count as long as you are being active! Mowing the yard, walking the dogs and even your physical therapy sessions will count, you decide. If you are limited by your current condition, talk with your ProEx Physical therapist to decide on activity you can do safely.

## **Is there a prize for completing?**

In addition to the health benefits associated with daily activity, all former and current patients and friends of ProEx who successfully complete the challenge will be entered into a drawing to win a ProEx Fleece! One winner will be chosen from each location.

## **How do I sign up for the challenge?**

Current patients interested in the accepting this challenge can speak to a staff member. Former patients and friends of ProEx can download the activity log from our Facebook page or website. All those who successfully complete the challenge can simply FAX, email or drop off the activity log to the nearest ProEx Clinic.

*Let’s Get Going together and remember to wish your Physical Therapist a Happy Physical Therapy Month!*

