

Articulation

Hanneken Full Potential Physical Therapy Newsletter February 2010

How Are You Doing with Your New Year's Exercise Resolution?



by Vince Hanneken
PT and Full
Potential Owner

Our last newsletter's feature article focused on getting started on the right foot with an exercise program. As the article explained, the gradient of exercise or how intense it is or how much time it requires can play a significant role in how your body adapts to these new stresses. February has rolled around and the question can be asked, "How resolute have I been with my New Year's resolution?"

Making lifestyle changes in diet, bad habits and exercise is not easy, but how much you ask of yourself initially is a significant factor in how you stick with a change. Lifestyle changes are as much mental/emotional as physical when you are going through the transition. I always advise people who are contemplating a significant change in exercise habits to start with just conditioning the mind. Do not worry about the body yet. Just learning how to stop your life for 15 minutes to go for a walk is a big request. It is the mind that will sabotage these initial fledgling attempts. The initial step is to not make a huge commitment in time or effort. Just conditioning the mind to be able to stop life *briefly on a consistent basis* is a great start to the new habit of exercise.

Doing 15 minutes of walking daily for a month is far better as a lifestyle change than starting with an hour and lasting a week. Life's commitments can easily get in the way of this because you have not conditioned the mind to hold yourself accountable. The ego wants to get in the way and make you feel like

you have to start something big, intense or long. The ego is rarely right. The goal is to be exercising consistently for a month, six months, and a year from now when you reevaluate how well you accomplished your lifestyle goals.

There are other important reasons for starting light with exercise demands and changes. A gentle beginning will create less negative feedback from your body about pain and soreness from starting too intense. The less pain/soreness communication there is coming from the body, the easier it will be to avoid the mind rationalizing its way to the couch. The other form of rationalizing employed by an unconditioned mind is "not enough time." When the novelty of the exercise program wears thin, you can rationalize out of your commitment by not having enough time. Again, start with small time commitments and build the ability to be consistent with 10-15 minutes. Remember, the goal initially is to not push the body, but to push the mind to stay accountable under light demand.

After a month or two, when your mind is adjusted to consistently stopping life to take care of your body and you have made a place in your schedule for exercise, then add five minutes. Build to a level of exercise that now influences the body to address the goals you have established. Lifestyle changes are just that – a change for your life, not a week or month of your life. Hold the ego in check, start easy, build on your success after the exercise habit is in place mentally and emotionally, and you will be exercising when I write this same article next year for those who did not start correctly.

We at Full Potential wish each of you health and success in managing the challenges of 2010. Keeping a healthy body is one of those challenges. We are here to help if you need us.

Meet Full Potential's New Marketing Coordinator and Patient Representative!

Full Potential welcomes another new member of our staff, Sherri Rushmeyer.

Sherri will coordinate Full Potential's marketing efforts (including this newsletter!) and will be the contact for patients who have questions about Full Potential's services.

Some patients may remember Sherri from her previous employments where she supported physical therapists Jack Vanden Berg and Rachel Goudie.

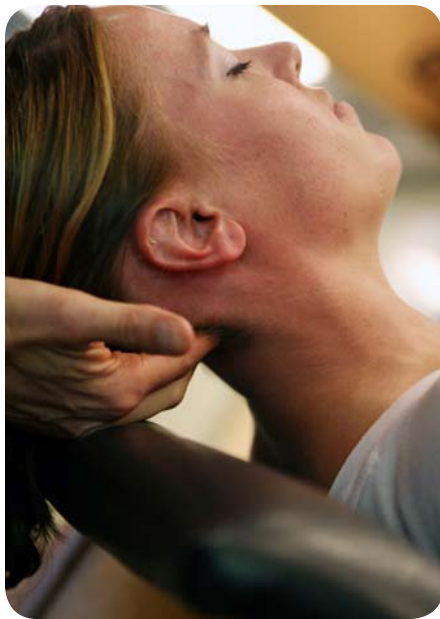
Sherri earned her biology degree from Hope College. She and her husband Roger live in Holland. She loves to read, be outdoors and meet and enjoy people!

Welcome to Full Potential!



Walking is the best possible exercise. Habituate yourself to walk very far.

Thomas Jefferson



Physical Therapy Available for Those Without Insurance

Physical therapy is a great investment in one's health and well-being, but many people might not consider using this resource because of poor or no insurance.

Insurance coverages for physical therapy vary per insurance company and policy. Some health insurance companies are better at recognizing the value of physical therapy and do a good job of covering the costs. Others are not so good and it actually is cheaper for these patients to pay for their own therapy rather than to have the insurance "cover" the costs.

As mentioned many times in the current national health care debate, our country has many people without health insurance. These folks may be unemployed or self-employed and unable to afford the high costs of insurance premiums.

Full Potential wants everyone to have the opportunity to receive quality physical therapy. To this end, we have developed a program for those patients who self-pay for their therapy. This program provides an initial evaluation visit for \$105, with subsequent visits charged \$75 per visit.

The number of visits can be adjusted to meet your financial limitations. One of the greatest benefits received from Full Potential's physical therapy programs is the education you receive in the form of information and exercises. These can pay you back every day you use them. When considering paying for physical therapy, think of it as an investment in your life.

Full Potential News

What Our Clients Have To Say:

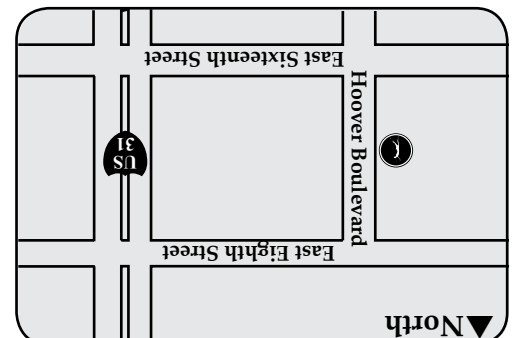
"Wasn't able to walk or move without pain; couldn't sleep or maintain well. (Now) I'm able to walk, sleep and be one again. Wonderful help! Thank you all!"

Penny Lynn Pouliotte

For more patient testimonials, please visit fullpotentialpt.com!

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