



ENGAGE
PHYSICAL THERAPY
AND WELLNESS, LLC



*5 ways to stay active in this
Cold Weather
Season*

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Get in touch

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Try something new like snowshoeing, throwing snowballs or a walk across a frozen lake

Getting active does not require a gym membership. All it takes is the time & space to move your body so why not make it fun at the same time? Much of the equipment can be rented from local shops and regional parks.

[See ideas below](#)



Lace up your shoes and walk indoors

Some Minnesota winter days are just brutal - but we still need to move. For those frigid and icy days, we recommend walking at a local mall or community center. Early in the morning, the malls are quiet places to get some steps in and get a sneak peak at holiday decorations. Many community center tracks are free to the public

[Here are a few ideas:](#)



get back to what's important and enjoyable to you



Book a wellness session or take a class with ENGAGE

We are skilled in optimizing movement and building your capacity when pain, chronic conditions or health risk factors seem to be barriers. Let's talk through your goals and challenges and create a personal plan that could include individual workouts, small group classes like physio-yoga and BAPS (balance, agility, power and strength).



Try a movement snack

If time, energy, or motivation are keeping you from being more active, consider small bites of movement. Take 5 minutes to work on a home project, walk the stairs, lift things from the floor or get up from a chair without your arms. Getting the heart rate up for even a short period several times a day is beneficial towards improving health.



move with more confidence, capability & ease



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Consider an outside or home gym set up

As Covid cases are on the decline, you may want to consider joining a small gym, or setting up a home "gym" with some of your own equipment. If you are over 65, many gyms accept Silver Sneakers through your insurance. This is a FREE membership. What a gift! [See below a few local places accepting Silver Sneakers.](#)

Work with ENGAGE to...

- Improve your activity level so you can do things you love
 - Recover from an injury
- Build strength and flexibility
- Focus on your overall wellness

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"I have been treated by Sue for the past year. It has been a true pleasure to work with her. Her knowledge and experience come across loud & clear. And the results I have attained are more than I even expected to be possible. ENGAGE has by highest recommendation."

CINDY PIPER

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Book an appointment today!



612-888-9882



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ENGAGE
PHYSICAL THERAPY AND WELLNESS, LLC

an elevated standard of care