

# SPORT & SPINE SPECTACULAR

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## SUCCESSFUL RESOLUTIONS

So, you've decided that with the new year comes the perfect time to adopt a resolution which involves taking better care of your body. Well done! Now the question which remains is how much thought has gone into the implantation of that resolution to ensure success and avoid the result of the majority of these types of plans.

First, if a person feels that this is something that they "have to do" and deep down inside don't really "want" to adopt this type of plan it is likely that it is just a matter of time before the plan falls along the

wayside. Search for activities which will increase your metabolism (burning more energy) that you enjoy participating in. You don't have to become a runner or weight lifter if that doesn't turn your crank.

Secondly, be realistic with your time commitments. Many people fail to continue their resolutions due to placing unrealistic time demands on that "new" part of their life. Make sure that you can commit the time to be successful. It doesn't have to be a daily activity to begin with. The likelihood is that when you begin to see successes from your efforts you will make it a higher

priority and begin to become more efficient with your other activities/duties to create more time to increase this activity.

Most people who have established resolutions set some type of goal they wish to accomplish. However, often times these goals are large and may seem too far out in the future and thus become unattainable. Setting long term goals is good, but most people need intermediate or short term goals which allow them to have early wins and successes. The game is to keep winning one step at a time.

Good luck this year!

### OUR NEW COMMERCIALS

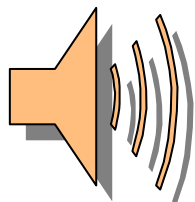
Catch Sport & Spine's new radio and TV commercials on the WSU Radio Network on 99.3 FM and on HBC TV during all Men's and Women's Warrior home basketball games.

We are proud to be a corporate sponsor of Winona State University Athletics.

You can check out their upcoming game schedules at [www.winona.edu](http://www.winona.edu) and then go to the Athletic Home Page.

**Go Warriors!**

## VERN MYERS, PT JOINS STAFF



Sport & Spine Physical Therapy of Winona, Inc. is proud and excited to announce that we have a new member joining our team. Vern Myers will be starting his new practice with us on January 2, 2007

Vern is a graduate of the University of Wisconsin—La Crosse and has 18 years of physical therapy experience. For the last several years he has been practicing at Luther Midelfort in Eau Claire, WI and lives on a 20 acre hobby farm. Both Vern and his wife, Beth, are from the Rushford area and are looking forward to moving back "home" where they and their five children can continue to enjoy the benefits of country living.

Vern has worked extensively with an orthopedic caseload and is anxious to begin this new chapter in his life. We are certainly happy to have him join us. Appointments to see Vern can be made by calling 507-474-6900.

## E-NEWSLETTER

Would you rather receive our newsletter electronically? Please contact us with your email address and we'll make sure you receive it electronically in the future!

[info@sportspine.com](mailto:info@sportspine.com)



# SPORT & SPINE TEAMS WITH EARTH ORGANIZATION

Sport & Spine Physical Therapy is proud to announce its membership to The Earth Organization. The Earth Organization is a grass roots international non-profit, conservation, and environment organization, with new solutions, committed to the creative, responsible rehabilitation of Planet Earth and the plant and animal kingdoms.

As an initial project with The Earth Organization, Sport & Spine has teamed up with America's Schools Recycling

Program. This program will help to fund The Earth Organization, as well as local K-12 school programs such as arts, music and sports.

The program involves the recycling of used inkjet cartridges, laser toners, and cell phones. Sport & Spine is a site where these no longer used items can be dropped off and then recycled.

Did you know:

-Over 300 million inkjet cartridges and over 55 million cell

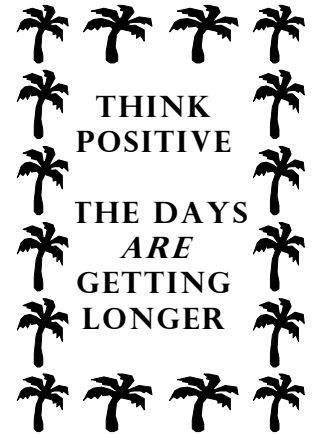
phones are thrown away each year?

-Each laser toner cartridge recycled save over 3 quarts of oil required to produce a new cartridge?

-Every cartridge that is discarded in landfills takes over 1000 years to decompose?

You can learn more at [www.earthorganization.org](http://www.earthorganization.org). Please help us help them by dropping off your used cartridges and cell phones.

Mother Earth thanks you!



**TWO-WAY COMMUNICATION IS THE UNIVERSAL SOLVENT.**

### A PATIENT'S SUCCESS

*"When I began Physical Therapy back in October, I was in pain, had difficulty walking & could no longer swing a golf club. The staff at Sport & Spine have guided & challenged me to where I now have the ability to walk a mile and swing that golf club with ease. I feel I have my life back again & can do the things I enjoy. CK*

In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

**Human Right #1:**

**WE ARE ALL BORN FREE AND EQUAL**

*We are all born free. We all have our own thoughts and ideas. We should all be treated in the same way.*

**Human Right #12**

**THE RIGHT TO PRIVACY**

*Nobody has the right to come into our home, open our letters, or bother us or our family without a good reason.*

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