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The Performer

National Physical Therapy Month

This month is National Physical Therapy month! To celebrate, we'd like to let you know a little more about our profession.

Physical therapy is more than just post-surgery rehab and

ice packs. Physical therapists are health care professionals who go through rigorous medical training to earn their doctorate degrees. Plus, they continue to broaden their knowledge

through 20 hours of continuing education each year.

The scope of physical therapy is quite large. While some physical therapists might specialize in a certain

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Food Day is October 24th

National Food Day will be October 24 - this year and beyond! Food Day brings together Americans to push for healthy, affordable food produced in a sustainable, humane way. The day is sponsored by the nonprofit watchdog group, the Center for Science in the Public Interest, which has brought us better food labeling, improved nutrition, and safer foods.

Food Day's goal is nothing less

than to transform the American diet. It's all connected. The diets we select, the foods we grow, the policies we form, and the impact we have. It's time to get real about food! Check out Food Day's 6 principles:

- Reduce diet-related disease by promoting safe, healthy foods
- Support sustainable farms and limit subsidies to big agribusiness
- Expand access to food and



alleviate hunger

- Protect the environment and animals by reforming factory farms
- Promote health by curbing junk-food marketing to kids
- Support fair conditions for food and farm workers

Check out foodday.org to find out how you can get involved and make a difference.

Special points of interest:

- Find us on Facebook
- Ask about our Physical Therapy services & what we can do for you
- Non-members can take classes for \$4
- Check out how you can save on your monthly membership with referrals!
- Try a new class this fall—find our group fitness schedule online
- Listen for our radio show—Get Fit—Tuesdays 4:45pm on 1350am KMAN

FREE Indoor Cycling

For the month of October, we are offering our indoor cycling classes for FREE! That's right—if you are a member, there is no charge for our cycling classes. And for anyone who isn't a member, cycling is the same price as a regular class—just \$4! You can't find a better

deal in town!

We have only certified cycling instructors who care about you, your health, and your success on the bike. If you've never taken our cycle class before, our instructors will properly fit the bike to your body.

Call now to reserve your bike for the next class—class size is limited.

Join us Tuesdays 5:45am, Tuesdays 5:30pm, or Fridays 5:45am for a spinning good time!



Maximizing your health for life!

National Physical Therapy Month (con't)



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age group or a certain disease process, the physical therapists at Maximum Performance treat all ages and any type of musculoskeletal or movement issue. We treat individuals for back and neck pain, ankle sprains, carpal tunnel syndrome, tendonitis, post-knee surgery rehabilitation, and many, many more conditions.

As physical therapists, we evaluate a patient's condition, identify the cause, and treat not only the symptoms, but also the cause.

We have several techniques that we use to treat patients, including joint mobilization, exercise, massage therapy, electrical stimulation, traction, decompression, ultrasound, iontophoresis, laser therapy, and heat/

cold therapies. Alternatives to physical therapy may only offer one of these techniques to simply ease symptoms. We are a one-stop shop for both *treating symptoms* and the *cause of symptoms*.

If you deal with pain or have any type of movement dysfunction, come in for a **FREE** evaluation with one of our physical therapists. We will work with your doctor to treat the source of your problem. We will help you find success!

Listen to our radio show—Tuesdays 4:45pm on 1350 KMAN—for more PT info this month!



Save BIG Money with Referrals

We want to help you **save** money on your monthly fitness membership!

This is how you can **save**—refer your friends to us! It's as easy as that.

No, seriously. Just refer your friends and you can **save** big time! Here's how it works:

-Tell your friends to sign up with us. When they do, make sure they write down your name as their referral.

-For your first referred friend, you'll receive a **FREE** month's membership.

-Get 2 more friends to enroll with us (3 total referrals) and receive **TWO**

FREE months of membership

-Get 2 more friends (5 total referrals) and you'll receive a whopping **THREE FREE** months of membership!

It's simple! It's easy!

What are you waiting for? Get out there and recruit your friends!

Fennel & Apple Soup

Adapted for Food Day (foodday.org)

Ingredients:

- 1 onion, minced
- 3 small shallots, minced
- 3 fennel bulbs, diced
- 1 apple, peeled, cored and diced
- 3 Tbsp extra-virgin olive oil
- 1 Tbsp. fennel seed
- 1 quart vegetable stock or low-sodium broth
- 1/2 tsp. fresh thyme leaves
- 1/2 tsp. salt
- Freshly ground black pepper

1. Gently sauté the onion and shallots in 1 Tbsp. EVOO without browning them.
2. Add the fennel and apple. Season with pepper.
3. Stir in fennel seeds and cover with stock. Simmer for 30 min.
4. Add thyme, and season with up to 1/2 tsp. salt and more pepper to taste.
5. Transfer to blender and puree, adding remaining 2 Tbsp EVOO.

Serving size: 1 cup

Nutrition per serving:

Calories, 110
Total Fat, 6g (Sat Fat, 0.5g)
Protein, 2g
Carbs, 14g
Fiber, 4g
Cholesterol, 0mg
Sodium, 260mg

