

# News From



## FOR IMMEDIATE RELEASE

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### **Get Fit and Stay Healthy with Circleville Physical Therapy**

CIRCLEVILLE, OHIO — The recent rainy weather and colder temperatures got you feeling down? Are you beginning to feel that Spring is just around the corner as the days grow longer?

Circleville Physical Therapy offers the perfect release for those looking to get back in shape for upcoming outdoor activities or for individuals who simply want to add some limited exercise and activity to their weekly routines during these final weeks of cooler weather. The "Fitness and Fun" class meets twice a week, on Tuesdays and Thursdays from 11 a.m. to Noon at the Circleville Physical Therapy facility located at 1414 North Court Street

This fun exercise class is open to all ages and all types of individuals, whether you are a regular exerciser, or someone who is just getting back into an exercise routine. The class combines aerobic, cardiovascular and limited strength exercises, along with muscle stretching and relaxation and proper breathing techniques. And this is all done in an energetic beat and to enjoyable music. For a limited time, the first week of fitness classes are free, with each subsequent session only \$3 each. Why not give it a try? And, bring some friends for an enjoyable end to the morning twice a week.

The staff of Circleville Physical Therapy wishes all of its patients and the entire community a Joyous Easter season. We encourage you to take advantage of the many services offered by Circleville Physical Therapy for post-surgery rehabilitation, as well as sports or work-related injuries. For more information, or to schedule a consultation, call 740.474.9318 or, to learn more, visit [www.circlevillephysicaltherapy.com](http://www.circlevillephysicaltherapy.com).

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Photo caption: Getting ready for outdoor activities with fun and exercise

Questions about this release should be directed to Ann Freeman at 740.474.9318.