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OCTOBER 2024

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# GO PHYSICAL THERAPY

“Let’s Keep Going”

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## What's inside this issue:

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- **Monthly Highlight:** National Physical Therapy Month
- **Exercise Tip:** Daily Walking
- **Healthy Living:** Halloween
- **Did you know?**



## MONTHLY HIGHLIGHT: NATIONAL PHYSICAL THERAPY MONTH

October is National Physical Therapy Month, a time dedicated to recognizing the vital role that physical therapists (PTs) and physical therapist assistants (PTAs) play in improving the quality of life for individuals recovering from injury, illness, or surgery. The month highlights the importance of movement and rehabilitation, focusing on the benefits of physical therapy in enhancing mobility, reducing pain, and preventing future injuries. It’s also an opportunity to raise awareness about the profession and encourage people to seek physical therapy as a first line of defense in maintaining and restoring health.

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## EXERCISE TIP OF THE MONTH: LET'S WALK

For October, try incorporating a daily brisk walk into your routine to take advantage of the cooler weather. Walking not only boosts cardiovascular health, but also improves mood and energy levels. To maximize benefits, aim for 30 minutes a day, and vary your route to include slight inclines or different terrains to engage more muscles. Don't forget to wear comfortable shoes!

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## HEALTHY LIVING: HALLOWEEN

This Halloween, enjoy the treats in moderation by practicing mindful eating. Instead of snacking on candy throughout the day, set aside a small portion of your favorite treats to savor without overindulging. To balance out the sweets, fill up on healthy, festive snacks like apple slices with almond butter, roasted pumpkin seeds, or veggies shaped like spooky creatures. Staying active, like going for a walk before trick-or-treating or dancing to Halloween music, can also help keep the day fun and healthy!

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## DID YOU KNOW?

- October is Breast Cancer Awareness Month, a time dedicated to raising awareness about breast cancer, promoting early detection, and supporting those affected by the disease. It encourages individuals to learn about the importance of regular screenings, such as mammograms, which can detect cancer in its early stages when treatment is most effective. The month also highlights ongoing research and fundraising efforts aimed at finding a cure, while celebrating survivors and remembering those who have lost their lives to breast cancer.
- Baton Rouge has a hockey team?? [Baton Rouge Zydeco](#) begins its second season of hockey in the Capital City! Get your tickets and support the team. Contact our office if you would like to be our guest for 10/18/24 game. Ticket cost for this game is on us!

*Thank you for being a part of our Go Physical Therapy community. Here's to a season of health, happiness, and continued progress!*



### Stay Connected

We'd love to hear from you! Feel free to reach out with any questions or feedback.

[Go-PhysicalTherapy.com](http://Go-PhysicalTherapy.com) Email: [info@go-physicaltherapy.com](mailto:info@go-physicaltherapy.com)

Follow us on [FACEBOOK](#) for more tips and updates.

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