

# Galloway Therapy

January 2018 Newsletter

## PREPARING FOR THERAPY

### Tips on Maximizing Your Session

#### 1) Wear Appropriate Clothing

Coming already dressed for therapy saves time for both you and your therapist while ensuring you maximize your time here at Galloway Therapy. But exactly what should you wear? For land therapy, wear loose athletic clothing that allows the therapist access to the body part being treated. Also, be sure to wear close-toed athletic shoes in order to ride the stationary bike, walk on the treadmill, etc. For aquatic therapy, you can wear swimsuit/trunks or a tank top and shorts.

#### 2) Bring a Water Bottle

It is important to stay hydrated! We do have water available for you in small Styrofoam cups, but bringing your own bottle means more water is more easily accessible to you while also being more economical!

#### 3) Bring a Snack for Later

Having a healthy snack like a granola bar or piece of fruit available to eat after your session is especially important if you tend to have blood sugar problems. But even if not, getting some something nutritious in your system can help you feel better the rest of the day.

#### 4) Get Started Early

Go ahead and come into therapy a few minutes before your appointment. This allows for time to ask questions, run to the restroom, pay any dues, or even get started on our bike or stepper. This helps you get started on the right foot and helps you get the most out of your appointed time here!



#### HAPPY NEW YEAR!

Welcome to 2018! We hope you all had a wonderful, safe holiday season. We're having a great start to this new year and we hope you are too!

#### SOCIAL MEDIA

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#### SCHEDULE YOUR APPOINTMENT TODAY!

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