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15 WAYS THAT EXERCISE CAN MAKE YOUR LIFE BETTER

BONUS: SUCCESS STORIES TO
PROVE THAT IT WORKS!

 **achieva**
rehabilitation

Education Is The Passport To Progress

Exercise As The Key To
Freedom. PLUS..
Stories of Success

**MOVEMENT IS
MEDICINE**

WHY EXERCISE IS THE KEY TO FREEDOM

A body in motion tends to stay in motion. A body at rest tends to stay at rest (and frankly, develop physical ailments and illnesses) It's just the laws of the universe that we believe in so much. Our core program is built around the idea that Movement is Medicine and Movement is Freedom. Here are 15 reasons to consider exercise being a huge part of your life.

1. Build and Maintain Your Aerobic Power

Your muscles move you. In order to do so, they need fuel. Oxygen is that fuel. When you exercise, your muscles become like a fine-tuned speed machine and they use the oxygen so efficiently that you can accomplish so much when those muscles are in "great shape." When you don't exercise, you lose that efficiency and your muscles are more like a beat-up pickup truck trying to get up a steep hill. You don't want your body to be in Park or you will never get to put it in Drive.



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2. Reduce Your Blood Pressure

High blood pressure is the number one reason for heart disease. Anyone ever hear of a heart attack...scary, right. Exercise that heart and your likelihood of any cardiac event drops measurably.

3. Lower Your Risk of Diabetes

Exercise makes your body use glucose more efficiently so that you can fight the chances of being part of the global epidemic that is Diabetes Mellitus Type 2. The consequences of having Diabetes are too numerous to list, but, they ain't pretty.

4. You Will Be Less Sick

Regular exercise boosts your body's immune system. So, when everyone around you is in bed with a high fever, you can get out and go shopping or spend time with your family or enjoy a nice walk with your spouse.

5. Reduce Your Body Fat

The more muscle you have, the less fat you have. Now, nobody who reads this is the next Arnold (or Angela) Schwarzenegger. But, muscle helps burn fat and keeps your metabolism high so your chances of being overweight can be put in your past. Obesity is another epidemic in this country especially and the odds of premature death if you are obese are nothing to take lightly.



6. Your Bones Will Feel Unbreakable

Exercise, especially weight bearing exercise such as walking, doing stairs, jumping, and weight-lifting etc. have been proven to increase the density of your bones, stave off osteoporosis and decrease the likelihood of fractures as you age. Gravity is always on folks...it's always trying to pull you down and it's not the fall that hurts, it's the landing.

7. Exercise Improves Your Breathing

When your muscles are like a well-oiled machine, they require less oxygen to do work. So, a marathon runner who needs to walk up a flight of steps uses way less oxygen than someone who is inactive and 300 pounds. So, the marathon runner's lungs are happy with him. Plus, the muscles that help breathing can bring in more air and get rid of carbon dioxide faster. You can work much more if your engine works well.

8. Exercise Boosts Your Energy Levels

What? But, I'm so tired after I workout. Guess what? Regular exercise makes your body so much more efficient at using the energy that it makes your day much easier with less physical and mental stress. Like paying half price for a new dress or table saw. That feels great, right? Well, your body needs less energy to do things, so, it has more energy to make you feel good. Like having more money when you pay half price.



9. Exercise Reduces The Risk of Arthritis

Everyone has it. That's right...we all have it...some just have it more significant than others. Now, disclaimer here...the more you pound your legs on concrete if you are a runner, this chance of arthritis does not decrease because of that type of exercise. But, things like yoga or stretching keep your muscles healthy and elongated and that in turn reduces injury risk and that reduces arthritis risks.

10. Exercise Helps You Sleep Better

Tossing and turning all night? Physical activity in the day helps your body's circadian rhythms or internal time clock stay accurate and your body knows you are supposed to be sleeping at night.

11. Exercise Improves Your Mood

Depression. Enough said. Exercise helps release chemicals in your brain called endorphins. What do they do? They make you feel happy...sounds worth it!

12. Exercise Lowers Anxiety

The daily stress of life can be overwhelming. Well, those same endorphins help you with anxiety and the simple redirection of your focus on exercise takes your mind away from thinking about your troubles...it's an effect that adds up to better mental health.



13. Exercise Boosts Memory

Dementia is a terrible thing...we see it every day. Imagine not being able to recall joyful events from years ago, or even the delicious meal that you just ate. Regular workouts as simple as walking help keep your brains neurons in shape too...and that means holding onto those great memories a lot longer.

14. Exercise Helps Your Confidence

Looking good makes you feel good. Feeling good makes you confident in all you do on a daily basis. Simple.

15. Exercise Can Make You More Creative

When you exercise, your mind tends to be free and great ideas and thoughts seem to move to the front of your mind without putting much “thought” into it. Studies show that the most powerful CEOs in the world exercise when they brainstorming.

We hope you are realizing why we are so focused on movement being the cornerstone to improvements in your quality of life. We work with people every day that have wishes. Wishes to be able to play with their grandchildren, wishes to be able to go out to dinner without a fear of falling, wishes to be able to simply get up and down their stairs without pain. They all took one small step to begin their journey. We hope their stories of success will help you determine if our brand of physical therapy can be helpful to you and your wishes.

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SUCCESS STORIES OF PEOPLE JUST LIKE YOU

“I SAT IN A CHAIR AFTER DECORATING FOR ONLY TEN MINUTES COMPLETELY UNABLE TO TURN MY HEAD TO TALK TO MY DAUGHTER AND HER FAMILY WHO TRAVELED TO BE WITH US FOR CHRISTMAS” “BEING IN A CAR FOR FIVE MINUTES OR SOMETIMES IN CHURCH FOR VERY SHORT TIMES CAUSED DIZZINESS THAT WOULD NOT GO AWAY”

THESE WERE THE THINGS WE HEARD ON DAY ONE OF HER JOURNEY TOWARD BRINGING BACK THE JOY TO HER LIFE

AT THE END OF HER TIME WITH US, WE WERE DEALING WITH A COMPLETELY DIFFERENT WOMAN WHO TOLD STORIES OF BEING ABLE TO WORK IN HER HOME FOR TWO HOURS, GET BACK TO EXERCISING, GETTING BACK TO LOVING BEING IN CHURCH, AND TRAVELING TO OHIO FROM PENNSYLVANIA WITHOUT CONCERN. SHE FELT 95% BETTER.... AFTER HAVING SUFFERED WITH **DIZZINESS FOR TWENTY YEARS.**



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“AFTER FIVE MINUTES IN A CAR, MY PAIN LASTS FOR AN HOUR”
“I’M YOUNG AND WHEN MY PAIN STARTS IN MY ANKLE, I HAVE TO
USE A WALKER BECAUSE I’M AFRAID THAT MY LEG WILL BUCKLE.
USING THE WALKER FOR UP TO AN HOUR IS THE ONLY THING
THAT CALMS THE PAIN”

**THESE WERE THE THINGS WE HEARD ON DAY ONE OF
HER JOURNEY TOWARD BRINGING BACK THE JOY TO
HER LIFE**

AT THE END OF HER TIME WITH US, SHE WAS ABLE TO LEARN
TECHNIQUES TO HELP HER BACK PAIN GO AWAY IN TEN MINUTES
OR LESS AS WELL AS HOW TO MOVE IN ORDER THAT THE PAIN
DOESN’T ARIVE IN THE FIRST PLACE. DESPITE A SHOCKING MRI
REPORT, SHE FELT 80% IMPROVED AND HAD TAKEN SEVERAL
TRIPS FOR PLEASURE IN THE CAR FOR ONE HOUR WITHOUT PAIN.
HER JOY BROUGHT ON GREAT JOY FOR US.

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“I SURVIVED 3 HELICOPTER CRASHES IN VIETNAM AND WAS ABLE TO GET BACK TO NORMAL AND NOW I CAN’T EVEN WALK OUTSIDE WITHOUT SEVERE PAIN IN MY LEGS. I JUST WANT TO BE ABLE TO GET OUT INTO THE COMMUNITY WITH MY WIFE WITHOUT PAIN AND FEAR OF FALLING AGAIN”

THESE WERE THE THINGS WE HEARD ON DAY ONE OF HIS JOURNEY TOWARD BRINGING BACK THE JOY TO HIS LIFE

AT THE END OF OUR TIME WITH THIS PATIENT, HE INCREASED HIS TIME OF WALKING FROM 45 SECONDS TO 25 MINUTES ALLOWING HIM THE CONFIDENCE TO FINALLY GET BACK TO GOING OUT WITH HIS WIFE. OTHER THERAPIES AND OTHER ALTERNATIVE TREATMENTS DID NOT WORK FOR HIM. HIS HARD WORK AND TRUST BROUGHT THE SPARK BACK.

TO SAY THE LEAST, WE ARE PROUD OF THIS VETERAN FOR MANY REASONS!

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“I WAS A RUNNER AND NOW I CAN’T STAND ON MY OWN”
“I’M VERY DEPRESSED WITH NOT BEING ABLE TO EXERCISE TWICE
A DAY. I CAN’T EVEN GET IN AND OUT OF BED WITHOUT HELP”

**THESE WERE THE THINGS WE HEARD ON DAY ONE OF
HIS JOURNEY TOWARD BRINGING BACK THE JOY TO
HIS LIFE**

AT THE END OF HIS TIME WITH US, WE WERE DEALING WITH A
MAN WHO KEPT US ON HIS TOES BECAUSE HIS GOALS WERE SO
FAR REACHING AT EVERY STAGE, THAT WE HAD NO CHOICE BUT
TO CHALLENGE HIM AND OURSELVES TO MEET THEM. IT STARTED
WITH WALKING OUTSIDE WITH NO HELP TO RUNNING ON A
LOCAL TRACK TO HIKING WITH HIS WIFE TO HITTING GOLF BALLS
AGAIN. FOR A MAN WITH SIGNIFICANT PARKINSON’S DISEASE,
THIS WAS ONE FOR THE BOOKS.

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“I’M A TEACHER AND HAD TO TAKE TWO DAYS AWAY FROM WORK. I NEVER FELT SO SCARED AND SICK IN ALL MY LIFE. ONCE THAT VIOLENT SPINNING SENSATION HIT, I WAS ACTUALLY SCARED FOR MY LIFE. I FELT THAT THIS HAD TO BE SOMETHING VERY SERIOUS”

THESE WERE THE THINGS WE HEARD ON DAY ONE OF HER JOURNEY TOWARD BRINGING BACK THE JOY TO HER LIFE

AFTER TWO TREATMENTS FOR A PARTICULARLY CHALLENGING CASE, THE PATIENT FELT FULLY NORMAL WITH ALL ACTIVITIES AND MOVEMENTS. THE PATIENT IS SYMPTOM FREE FOR YEARS AND HAD GOTTEN BACK TO NORMAL IN A MATTER OF DAYS.

FROM OH BOY! TO OH JOY! IN TWO SESSIONS.

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How To Start Your Recovery TODAY by claiming a completely FREE diagnostic “Discovery Call” with our Physical Therapist...

Step one in learning to live better with is to actually get to understand the problems. Without knowing what’s going wrong it’s almost impossible to push for progress.

Examining and analyzing movement is something that a physical therapist is an expert in... and it’s a shame that some people still don’t know how easy it is to “self-refer” to a physical therapist for help with many different ailments.

No Referral From A Doctor is Needed...

How easy? Well, there’s NO one to ask, NO referral needed, NO forms to sign, NO payment agreements and there’s NO obligation to go ahead with any physical therapy after an initial consultation which will reveal your biggest challenges and how to deal with them head on.

It’s true... you don’t even need a referral from a medical doctor, NOR do you even have to let your network know in advance that you want to go and see a physical therapist about getting answers to your mobility concerns.

This means you can just call up and arrange that first **DISCOVERY CALL**- today, and likely have answers within the next 48 hours! It’s that easy.

And at that first “no authorization needed” **DISCOVERY CONSULTATION** with one of our PTs, you can have all of your questions answered directly, and you’ll also find out what’s going wrong and what else can be done about it... to help you get there faster!

What I’m offering you is called a **DISCOVERY CALL**.. because you get to discover all about YOU, YOUR CONCERNS, “US” (Achieva Rehab!)

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WHAT TO DO NEXT?

The best advice that I can give to you today is to seek the help of a physical therapist that specializes in movement and exercise. Our program specializes in treating people suffering from pain, dizziness, balance problems, or movement disorders, and we also specialize in helping those people get back their independence without pills or a calendar full of medical appointments. We have three easy ways to continue your relationship with Achieva Rehab, ultimately moving to the solution that you are looking for.

1. **Call us at the number below** and we will **set up your program**. You don't even need to go to your doctor...we will take care of everything for you.
2. **Schedule a FREE phone assessment** with our specialist...go to our website to make arrangements.
3. **Arrange a FREE Discovery Visit** to meet us in person to discuss..schedule at our website. **Above all, with everything, we hope this helps!!**



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About the Author: Joel J. Digris, PT



Joel J. Digris received his Master of Science degree in Physical Therapy from Arcadia University in 1997. Joel was born and raised in Schuylkill County, and is blessed with a beautiful wife and four beautiful daughters. As a physical therapist, Joel works with people to help them regain the joy in life that is missing due to pain, weakness, dizziness, falls. As a business owner, Joel has an immeasurable desire to excel in serving the community and the patients of [Achieva Rehab](#).

Thank you for reading our report. I sincerely hope this is a good start to bringing back the joy into your life. Developing trust with your healthcare team is important. Because of this, I want to continue to send you information that we feel can guide you to improved function as you go forward and how a qualified physical therapist can help fast track that process. Please never hesitate to contact me...I am on duty 24/7.

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If you wish to seek clarification on the above matters please don't hesitate to get in touch with Achieva Rehabilitation.



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Question: Does an apple a day actually keep the doctor away?

Answer: Only if you aim it well enough!!

Our “aim” is to help you be happy and stay active and independent...Our brand of Physical Therapy might be a great fit for your needs.

Give us a chance to find out and see if we can help you. Give us a Call OR Text at the number below.

Or, arrange your FREE Phone Assessment with one of our Specialists

Wishing You A Great Deal of Life's Joy!



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