



**Convenient Location:**

**Dearborn:** 3361 Greenfield Road  
(313) 593-1703 (313) 593-1939 fax

**January  
2010**

**[www.trirehab.com](http://www.trirehab.com)**

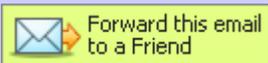
**Free Transportation**

**We offer free transportation to those in need to our Dearborn center.**



**Tri-Rehab's  
Customized  
Services Include:**

- Balance Programs**
- Shoulder and Neck Conditions**
- Hip, Knee and Ankle Conditions**
- Work and Auto Accidents**
- Wii Rehab Programs**
- Low Back Pain**



**[WWW.TRIREHAB.COM](http://WWW.TRIREHAB.COM)**

**Beginning a walking**

In this issue, to kick off 2011, Tri-Rehab will share the top 10 reasons to begin a weight training program. In addition, we offer some helpful tips on starting your own personal fitness walking program. We hope you find this information helpful and that you choose Tri-Rehab as your rehabilitation provider!

**Top 10 Reasons to Start a Weight Training Program.**



Top 10 reasons why weight lifting is a health benefit for everyone, regardless of your age or activity level.

1. Improves your overall health and decreases your health risks for osteoporosis, cardiovascular disease, high blood pressure and diabetes.
2. Increase your strength, endurance and ability to do everyday activities.
3. Weight training can improve the overall flexibility of

## program:

Walking, like any exercise, requires moderation until the body has built up some endurance. Begin, by walking at a relaxed pace for 10 minutes, working up to 20 minutes every other day at a brisk pace. After you have been walking briskly for 20 minutes three days/week for one month, increases you walking time to 30 minutes three to five times/week. To get significant benefits, you must be able to walk at a brisk pace 20 minutes without stopping. Walks should not last more than one hour, and should never exceed five times/week. The body needs rest time to repair minor injuries and allow soreness to dissipate.

What is a brisk pace for me?

It is recommended to train at 55-85% of your maximal heart rate for the most benefits. This normally consists of a vigorous three to four miles per hour walking pace that allows you to carry on a conversation in brief sentences without undue shortness of breath or fatigue. Also, if you do not work out on a regular basis, or are a beginning walker, you should work out at the lower end of your estimated heart range. To take your pulse during exercise, put the first and second finger of your right hand on the radial artery of the inner wrist of your left hand. Count the number of beats in 10 seconds and multiply by 6. Take your pulse 5 minutes into your exercise, and again just before ending it.

For more information on calculating your maximal heart rate go to:  
[www.livestrong.com/article/259338](http://www.livestrong.com/article/259338).

your joints and back.

4. When your muscles are stronger and more flexible, muscles perform more effectively therefore decreasing your risk of back injury.

5. Improve your body composition by boosting your metabolism, thus decreasing your fat gain.

6. You will have firm and better defined muscle tone.

7. Posture will improve along with overall balance and stability.

8. Your mental outlook will improve due to improved physical and emotional changes. Decreasing your stress and having positive changes to your body is a winning situation!

9. Incorporating weight training into your workout program from the daily regiment of training (cardiovascular only) can help prevent burnout.

10. Weight training can be done without a large financial investment or a gym membership. You can workout at home with minimal equipment, and your workouts can accommodate your personal schedule.

## Accepted Insurance Plans

|             |                        |
|-------------|------------------------|
| Medicare    | Blue Cross Blue Shield |
| Theramatrix | Aetna                  |
| Cigna       | Health Alliance Plan   |
| TriCare     | Workman's Compensation |
| Auto        | United Healthcare      |

If you do not see your insurance plan, please call our office as we are an approved provider of over 35 plans.