

POUND FOR POUND CHALLENGE

Advanced Physical Therapy Center of Stamford, LLC

Did you know?

- 16% of Americans suffer from hunger every day
- 37 million Americans require food assistance
- 25% of Americans are considered "overweight & obese"

You can help:

Join our team to support the Biggest Loser® Pound for Pound Challenge®

In the month of May, for every pound we lose, the TV show will donate 11 cents to Feeding America® and APTC will donate a pound of food to the Wilson Food Bank.

What do you have to lose?

You can support Feeding American by joining our Advanced Physical Therapy Center team at www.pfpchallenge.com/Teams



Or if you prefer, you can just join our in-house team. To do so, please complete the registration form and waiver from our web page and bring to class on Tuesday.

Don't just sit there.



It's time to lose it!

Need some motivation?

Tuesday Evenings at 7:00

APTC will be holding class to help you:

- Stay motivated
- Track weight & body fat loss
- Discuss injury prevention tips
- Introduce exercise regimes:
 - Proper Stretching
 - Balance Activities
 - Core Stabilization
- Weight Training
- Cardio Training
- Pilates Exercises

Class Schedule:

- May 3
- May 10
- May 17
- May 24
- May 31

Additional classes may be added based on number of participants.

Do I need to attend the Tuesday classes? No.

Classes are intended to be motivational, challenging and fun, but are completely optional.

Will my weight be disclosed to everyone? No.

We will only disclose your weight loss if you allow us to.

Do I need to bring any equipment? No.

Just wear athletic clothes and sneakers.

Visit us at www.AdvancedPTC.com
203-359-8326

Who can participate?

Patients, friends, family, co-workers, neighbors and children over 13 (if accompanied by an adult). Participants need to be medically stable and capable of beginning an exercise program. Please discuss specific questions with one of our therapists.

