



The Mountain Guide

Mountain Physical Therapy

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www.MPTFitness.com

Fall Fitness

Fall is upon us again. The sun is setting earlier and rising later and the morning air has that crisp cool feel. As summer begins to wind down, most individuals experience a dramatic drop in their physical activity level. As the winter months approach, people neglect their exercise routines and plan on a New Year's Resolution of getting back in shape. Instead of going through the same old cycle this year, why not start getting back into shape this fall? Mountain Physical Therapy is equipped to help you with your fitness and weight loss goals.

If you have neglected your workouts this summer, try to ease back into formal exercise with fifteen to twenty minutes of cardiovascular exercise, three to five times a week. Make sure you make your goals attainable. Don't be overly ambitious and set the bar too high, only to set yourself up for failure or burnout. You can gradually add strength or circuit training to your workout as you slowly increase the frequency of your gym attendance. We are offering circuit classes this fall that will help jump start your commitment to regular exercise. You can learn new exercises, make friends and avoid the same old routine you got caught in last year. If you really need a kick in the pants, Mountain Physical Therapy and Fitness has physical therapists who are musculoskeletal experts. We can help you with your aches and pains or tailor an exercise program that will meet your specific goals. If you are healthy and pain free, we have recently hired Janelle Lore-McCracken who is an American College of Sports Medicine certified personal trainer. Janelle has a passion for working out and is ready to help those who have failed at previous exercise regimens.

The staff at Mountain Physical Therapy and Fitness is available to answer questions about fitness, exercise and injury. We offer a variety of personal training packages that can help motivate and keep you committed to your exercise program. We enjoy helping people get fit and stay that way by making healthy lifestyle changes.

If you have not toured our new fitness center, come by and take a look. We pride ourselves on offering a personal touch to exercise and lifestyle transformations. Remember personal training packages and gym memberships make great gifts. After all there are only 110 shopping days until Christmas!

MPT Fitness Center

Membership Special!

5 Personal Training Sessions for \$100*
(½ hr each session)

That's ½ OFF our regular pricing!

*Valid only with purchase of a 1-year membership. Training package must be bought at the time of membership purchase.



Say Hello to Janelle Lore-McCracken, ACSM-Personal Trainer and a new part of our MPT Fitness family.

Janelle hails from the windy, yet pretty state of Wyoming. She graduated from the

University of Wyoming with a bachelor's degree in exercise physiology in 2004. As an undergraduate, Janelle was an essential key to the 2004 USCSA Women's Nordic Skiing Championship and participated in many running races. In 2005, Janelle received her personal training certification from the American College of Sports Medicine and through her love of fitness, began her quest to get people fit. She is excited to be a part of the successful fitness team at MPT Fitness.

Janelle enjoys any activity outside as well as swimming, running and lifting. She has completed several triathlons and has her sights set to complete an Ironman triathlon in the near future. Janelle lives in Columbia Falls with her husband, Pat, and the two most famous husky mixes in Montana - Mack Dog and Shorty.

Come by MPT Fitness to welcome Janelle, taste one of her fabulous smoothie creations and watch her do pull-ups!