



## ADVANTAGE PHYSICAL THERAPY & WELLNESS CENTER - LAKE FOREST

ONE-ON-ONE PHYSICAL THERAPY \* THERAPEUTIC MASSAGE THERAPY \* PILATES \* FITNESS CLASSES \* SEMINARS



Save the Date: Wed. May 9, 7-8 pm

### **\*Spring into Action\***

As the weather gets warmer & days get longer,  
we see an increase in activity injuries.  
So in preparation for healthy summer fun,  
we'd like to help you avoid some common mistakes  
that well-intentioned people make.

**Speaker: Scott Neubauer, DC**  
Owner of 'Coastal Health and Fitness'  
Topic: BioMechanics of Running

Endurance running and hiking are by far the most popular form of recreation in the United States today. Around the world over 60% of runners have been injured as a direct result of improper running form and inappropriate training.

To help you avoid being part of that 60%, we will discuss:

- The biomechanics of running and walking
- How to improve your own running and walking gait
  - How to choose the right shoes
  - How to avoid common pitfalls

**Speaker: Erica Roselius, Personal Trainer**  
Owner of 'Driven Fitness'  
Topic: Stretchology

We live in a fast paced world that usually involves more sitting and less moving.

Our bodies are meant to be in motion! Over time this can lead to aches, pains and contribute to injury. Join Erica, creator of the flexibility class, "Stretchology", for her top 5 stretches for injury prevention.

**Wednesday, May 9, 7-8 pm**  
**at Advantage Physical Therapy**

Please call to RSVP

**(949) 305-8200**