

Exercise should be
a part of everyone's
daily routine.



During January, all KORT clinics in Kentucky and Southern Indiana will help get folks moving with a complimentary exercise consultation.

The National Institute of Health recommends physical exercise for 30 minutes a day for at least 5 days a week. Exercise can come in any form of activity including stretching, walking, or bodyweight exercises. In fact, the best fitness program encompasses cardio, weight training and stretching or flexibility.

Call (800) 654-KORT (5678)
to schedule an appointment.

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