



Staff Spotlight

Help us give a warm welcome to our newest Stay In Step family member, Chris! (see page 2)

The center will be closed the following days...

Christmas
Dec 24th to 25th
New Years
Dec 31st to Jan 1st



What is That? "The Galileo"

Clients at Stay In Step tend to have a love/hate relationship with the Galileo. However, this piece of equipment can greatly benefit you, specifically your lower extremities. The platform performs side-alternating vibrations (think of a seesaw but faster) that cause muscles to "react" and contract. These reflex-like contractions can activate muscles from your legs and up through your back, helping to increase circulation and in some cases, reduce spasms and pain.



Happy Holidays!

We would like to thank everyone for another great year of hard work and great memories! We are looking forward to what's to come in 2019!





Staff Feature

Chris Zamudio

Background: *I was born and raised in the heart of the "Rust Belt" Youngstown, Ohio. I attended the University of Akron Police Academy (2009). While waiting to get a job in Law Enforcement, I became a Certified Personal Trainer and started to work for a fitness center. Aside from personal training, I became a boxing, Olympic weightlifting, and CrossFit instructor. In 2014, I co-founded a small group fitness center in Clearwater, FL. I decided to take my career and education to a new level and became a physical therapist assistant in 2018.*

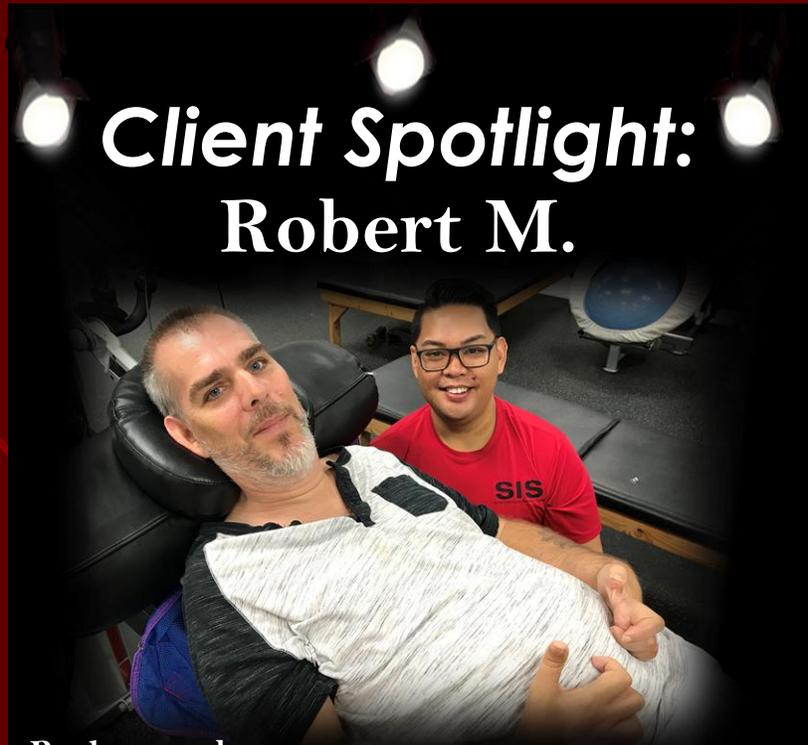
Hobbies: *Having fun times with my wife and dogs, riding my bike, working out, hanging on the beach!*

Challenge overcome? *I grew up with parents who battled substance abuse. Although they were still caring parents, I often didn't know what I would come home to. I learned that I had to work hard and earn everything that I wanted to achieve. I moved out at 18 and never looked back. My parents have still been a caring part of my life ever since.*

"I love the vibe and atmosphere at Stay In Step, and I plan to be a great asset to the organization."

Take Home Tip from *Beth*

STRETCH! While we do this during your sessions, it is important that you stretch at home too. With the help of family members or caregivers, we highly recommend taking 15-20 minutes out of your day to stretch and move your extremities. Whether it is having somebody raise your arms up like you are reaching to the sky or lifting each leg up while you are laying in bed to stretch your hamstrings, stretching and getting your body moving (even if they are passive movements) is something everybody can benefit from.



Client Spotlight: Robert M.

Background

Robert grew up in Goschen, New York. He likes country music (specifically Garth Brooks) and the Minnesota Vikings.

Why do you come to Stay In Step?

I heard it's one of the best places for therapy. Romy's story was really inspiring to me.

What's your favorite part about Stay In Step?

They make you feel like you're part of one big family.