

be well

From Your Friends at Optimum Wellness Physical Therapy



Therapist Spotlight



Marsha Colón, M.S.P.T.

Optimum Wellness Physical Therapy is a new, full-service physical therapy clinic located in Manassas, Virginia. OWPT is the brain child of Marsha Colón, a local physical therapist with nearly a decade of experience. At OWPT, we believe that “you don’t have to accept the way things are now, you can reach for optimum wellness.”

TESTIMONIALS

Having had physical therapy treatment before, I thought I knew what to expect; however, the kind of care and attention that I received from Marsha, my PT, surpassed all my expectations. I have recommended the clinic to all my family and friends. — Shirley

I had sudden onset of severe, stabbing low back pain that prevented me from doing something as simple as putting on my shoes and socks on my own. I am now pain-free and am able to dress independently. I am planning to have my wife see Marsha next because she was absolutely great. — Gunter

Exercising Without Injuring Yourself

The intensity at which you exercise will determine what you get out of it. If your goal is to lose body fat, then you need to exercise at a different intensity compared to someone who trains to build muscle / tone up.

The answers to these questions hold the key to determining whether or not you get the right results from exercise.

Unlike bones and joints, muscles have a greater blood supply. Muscles can regenerate and respond quickly to the demands of exercise. The goal of all your exercise-related efforts should be to

strengthen muscles (expect occasional soreness) and avoid overload of the bones and joints (likely to cause pain and injuries). Typically, exercising with weights can cause soreness, which is a dull aching pain in the muscles. This soreness generally subsides in a 2-3 days, during which your muscles get a chance to rest and emerge stronger.

On the other hand, aerobic exercises like walking, cycling and swimming typically do not cause muscle soreness. They serve a different purpose, and are invaluable in

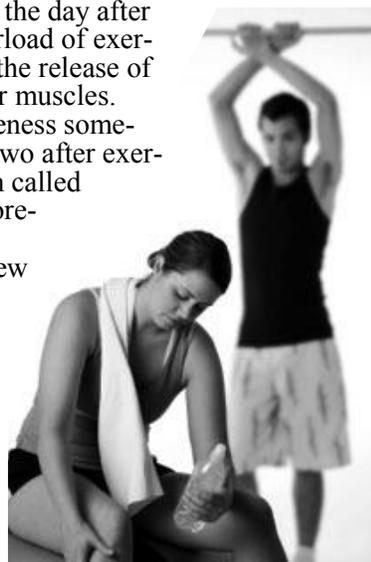


conditioning your heart and lungs.

The Difference Between Soreness and Pain

Soreness usually occurs the day after exercise due to an overload of exertion on your muscles, and the release of stored chemicals from your muscles. This is the reason why soreness sometimes gets worse a day or two after exercise. This is a phenomenon called “Delayed Onset Muscle Soreness” (DOMS). It is more likely to occur if you try new exercises or exert yourself more than you should. You will feel mild discomfort and not necessarily pain, and it subsides with rest.

It’s important to remember that if you do the same exercise over a period of time, the level of



soreness will decrease as your body adapts it. This is why we change your exercise routine every 3 to 4 weeks to help you gain maximum benefit at all times.

On the other hand, pain after exercise tends to be sharp and localized around one area. It also tends to persist and sometimes get worse. You should never exercise ‘through the pain’ since this may cause injuries. If you experience pain during exercise, give us a call right away so we can determine the cause of your pain and help you manage it.

Store fitting rooms get a makeover

Clothing and department stores are realizing that fitting rooms are places where decisions are made.

Customers are more likely to buy if the fitting room has pleasant lighting, plenty of hooks to hang clothing on, adjustable three-way mirrors and space to move around. They should be a few degrees warmer than the store.

Prospective buyers will not feel rushed when trying on clothes if the store has a place nearby for companions to wait, a gathering spot with comfortable chairs and a sofa.

Because customers are likely to buy more if a store associate is present, some fitting rooms have a button to push to call for help. The associate can get a different size or comment on the attractiveness, color and fit of the clothing.



wait
your ski retreat.

A vacation home builds memories and it can be a great investment.

In most vacation hot spots, second-home prices are at five-year lows. Some in California and Florida can be had for 47 percent below their 2006 price. Bargains are likely to be available within a couple of hundred miles from where you live.

* There's more to a vacation place than fun and up-front bargains. In the future, the home will be an appreciating asset. Economists say prices are already rising and will continue to rise for at least the next five years.

* The home is a better deal if it's rentable.

The rental potential puts money in your pocket, but it also increases resale value.

* The typical vacation property rents out about 17 weeks a year, according to HomeAway.com. Ask a property management company how much comparable properties rent for by the week. While the rent won't pay all

Consider a vacation home for fun times, investment returns

Glorious summer days at the lake...the grandkids frolicking at the shore...or a warm fireplace as you

your expenses, it will help with the mortgage, utilities, taxes and maintenance.

* You will meet and become friends with an entirely new group of people when you own a vacation home. Lifelong friends are made with neighbors and in the community.

* You'll have tax benefits. Rent it out for less than two weeks, and you won't have to report the income to the IRS.

* If you rent the home for two weeks or more, you can deduct operating costs, such as maintenance, cleaning, mortgage interest and property tax. You allocate the write-off between personal and rental use.

* As with any rental property, distance is important. Less than 200 miles from your primary home is best.

Finance

* When the property is classified as a second home, you'll get about the same interest rate and terms as on a home loan, according to HSH Associates.

* If you need the rental property income to qualify for a mortgage, it will be classified as an investment property. The down payment will be higher and the interest rate will be about 1 percent more.

The 2011 Basketball College Hall of Fame class announced

On November 20, eight new inductees will be enshrined in the Basketball College Hall of Fame.

Bob Knight, the winningest men's coach in Division I history, led Indiana to three national championships with 902 wins in 41 seasons. He also coached at Army and Texas Tech.

He is one of three coaches to lead his team to NCAA and NIT titles and an Olympic Gold Medal.

Ralph Sampson was a four-time All-America at Virginia. He led Virginia to a 112-23 record, scored 2,228 points and had 1,511 rebounds.

Eddie Sutton was the first coach to take four schools to the NCAA tournament: Creighton, Arkansas, Kentucky and

Oklahoma State. He won 804 games in 36 seasons.

Chris Mullin led St. John's to the Final Four as a senior in 1985 and was the first St. John's player to break the 2,000 point mark. He was part of Bob Knight's Olympic "Dream Team."

James Worthy is one of seven players at North Carolina to have his jersey number retired. He was inducted into the Naismith Memorial Hall of Fame in 2003.

Cazzie Russell played at Michigan



(1964-1966) and led them to three Big Ten titles. A three-time All-America, he led Michigan to the Final Four twice.

Joe Vancisin was a player for Dartmouth, a coach at Yale winning two Ivy League titles, and was executive director of the NABC for 17 years.

Eddie Einhorn, founder of the TVS network is credited for the growth in popularity of college basketball on television. He is the author of How March Became Madness.

The induction at Kansas City, Mo. will be part of a three-day celebration featuring the CBE Classic at Sprint Center with teams from Missouri, California, Georgia and Notre Dame.

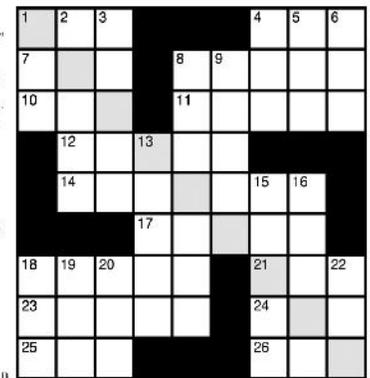
National Bird Crossword

Across

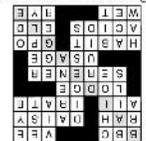
- "Monty Python" airer
- Churchill's sign
- "Go team!"
- "Driving Miss _"
- Everything
- About to explode
- Inn
- More tranquil
- Grammar topic
- Addiction
- U.S. printing agency: Abbr.
- Base neutralizers
- Old age
- Dripping
- "The Catcher in the _"

Down

- Undergarment
- Game equipment
- Daphnis's love
- By way of
- "C" _ la vie!"
- Ball in a socket
- Eals
- "Gladiator" setting
- Ancient Celtic priest
- Species of moth
- E mail option
- "Hee "
- "trick talker, often
- Chewed
- " _ to Billie Joe"



The title is a clue to the word in the shaded diagonal.



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*Mommy is very upset! Off to your room and no downloading apps for an hour!"