



## THIS YEAR, PUT YOURSELF FIRST: HOW REQUEST PT CAN HELP

Have you started making New Year's resolutions yet? If you're like most people, at least one of those resolutions will be health-related. Goals like losing weight and joining a gym are some of the most popular New Year's resolutions, as are more holistic goals like striving to reduce your stress or simply trying something new for your health.

At ReQuest Physical Therapy, we offer two programs that can help you keep those New Year's resolutions while putting your health and wellness at the forefront:

- Our **Physician's Choice for Weight Loss** program moves beyond "just diet and exercise" for a healthy, sustainable approach to reaching your goal weight.
- Our **massage therapy** program features four types of massage to help you manage pain, reduce stress, and live a happier life.

If the tail end of 2023 has left you feeling less than yourself, let 2024 be the year you change that! The best part? Your insurance may cover some or all of these programs!

To learn more, call us to schedule an appointment today.

### **Physician's Choice for Weight Loss: What Sets Us Apart**

Did you know the global weight loss industry is worth over 200 billion dollars? There are a lot of weight loss

programs out there, from fad diets to nutrition shakes. And, unfortunately, most of them yield the same results: a year or two of "successful" weight loss before the pounds come back (and probably bring some friends).

The good news is that, in most cases, the problem isn't you—it's the program. Extreme calorie restriction and hours of exercise are simply not sustainable in the long term, but incorporating healthier foods and regular movement into your life is. That's what our program helps you achieve.

Our weight loss program consists of the following:

- 4-6 weeks of both group classes and one-on-one counseling to ensure you have the tools you need
- Daily aerobic exercise, including access to our state-of-the-art gym facility with all the fitness equipment you can imagine, plus fun group exercise classes
- Food journaling to help you track and analyze your eating habits
- Tons of delicious, healthy recipes that keep you nourished

The best part? Your insurance may cover our program! This is especially true if your weight is causing orthopedic problems, like osteoarthritis or back pain. But even if insurance doesn't cover the program, we offer flexible payment plans to ensure everyone who needs it has access.

Visit Us Online [requestphysicaltherapy.com](https://requestphysicaltherapy.com) or  
Call Gainesville: [\(352\) 747-9992](tel:(352)747-9992) or Tioga: [\(352\) 670-3461](tel:(352)670-3461)

## Ready for A Massage? We Offer Four Different Kinds!

Most people associate massages with spa days and an afternoon of pampering and relaxation. While that's certainly true, massages provide many more therapeutic benefits:

- Improves joint mobility
- Reduces joint and muscle pain
- Enhances sleep quality
- Helps address symptoms of chronic conditions like fibromyalgia
- Improves lymphatic circulation

Not all massages are the same, either. At ReQuest Physical Therapy, we actually offer four different types of massage, each with their own unique benefits:

- **Deep tissue massage** targets the muscles located deep beneath your skin. It can help reduce muscle tension and restrictions that lead to mobility issues and chronic pain while improving blood circulation.
- **Prenatal massage** is a full-body massage tailored to expecting mothers. It can help make your pregnancy more comfortable by relieving aches and pains and reducing swelling.
- **Sports massage** is a focused, systematic massage designed for athletes. During a sports massage, we pinpoint the muscles and soft tissue (tendons, ligaments, and fascia) you use the most in your sport, then work to ease out restrictions and tensions to reduce pain and aid in sports recovery.
- **Healthy living massage** is our most generalized massage, tailored to your needs. Looking to relax? Need help managing persistent pain? A healthy living massage could be just what you need!

Your massage might even be covered by your insurance, depending on the carrier and the reason you're seeking the massage. For example, if you have Blue Cross health insurance, you might be able to access a full 55-minute massage session for only \$16! Our friendly staff can let you know for sure.

And even if it's not covered? Rates for both our full and half sessions are very affordable: \$40 for a half (25-minute) session and \$80 for a full (55-minute) session. We also offer free babysitting while you get your massage!



## Ring in the New Year with ReQuest Physical Therapy!

No matter what your health and wellness goals are in 2024, our team is here to help you see them through! Whether you want in-depth guidance on weight loss or a long, relaxing massage, we've got you covered.

*To learn more about both programs and our other services, call us to schedule an appointment today!*



**CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!**



## WHY REQUEST?

I have been incredibly pleased to be a patient at Request Physical Therapy over the last several months. Everyone is friendly, competent, and there to serve the patients. In particular, I have really appreciated Muki Rico as one of my therapists. He is extremely knowledgeable, pushes me in a way that I very much appreciate and is really kind and friendly. Thank you Request Physical Therapy for helping me get stronger. -Marilyn

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**FREE NECK PAIN SCREENING**

**ReQuest**  
PHYSICAL THERAPY

**CALL GAINESVILLE: (352) 747-9992 OR  
TIOGA: (352) 670-3461 TO SCHEDULE!**

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.  
Expires 01-30-24



## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEW US  
GAINESVILLE

★ REVIEW US  
TIOGA

requestphysicaltherapy.com



# WEIGHT LOSS WITH US!

The Physician's Choice for Weight Loss® program offered by ReQuest Physical Therapy is more than just "diet and exercise." Highly regarded for its success, and developed by our own Jeff Gilliam, MHS, PT, PhD, this unique program combines daily aerobic exercise with food journaling to help participants see first-hand how much they are moving and what they are eating. Jeff has helped thousands of people of all ages and from all walks of life discover the pleasures that come from reaching a healthy body weight. While often used for weight loss, this program can also be used for weight gain and weight maintenance.

What's more, we are located inside the award-winning Gainesville Health & Fitness. We are able to give our participants access to every conceivable piece of aerobic and strength training equipment, plus sports courts, childcare services, group exercise, aerobics and spin classes, recovery tools, and aquatic therapy.

Best of all, these programs are covered by most health insurance plans, especially when weight problems trigger common orthopedic complications such as joint pain or back pain. If your insurance doesn't cover the program, don't worry - we offer affordable self-pay options. Program classes are 4-6 weeks in length and in a one-on-one environment. Participants should come dressed in active clothing and be prepared to move and have fun.

Contact us for more information on our weight loss program for adults and children.

[Click here to watch our Physician's Choice for Weight Loss Video](#)

## HEALTHY RECIPE

### ROASTED BUTTERNUT & PEARS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

#### Ingredients

- ¼ C vegetable broth
- 4 C butternut, acorn squash and/or pumpkin, chopped into 1-inch cubes
- 1 C sweet potato, chopped in ¾-inch cubes
- 1 C leek or onion, diced
- ¼ to ½ C fresh rosemary or sage, minced
- 1-2 tsp. ground turmeric or 1 tbsp. fresh turmeric root zest
- ½ tsp. sea salt and ground peppercorns
- 3 C pears and/or apples, chopped in 1 - 1½-inch cubes



#### Directions

Preheat oven to 450oF. Line baking pan with parchment paper. If you don't have any, lightly spray baking pan with thin film of non-stick cooking spray. In large bowl, toss vegetables with broth to coat. Pour off excess broth. Toss in seasonings. Spread veggies in single layer evenly on baking pan. Bake 15 minutes. Remove from oven and stir. Add pears evenly to pan. Bake 10 more minutes until veggies are desired tenderness. Garnish with minced more rosemary leaves and/or turmeric zest.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

#### Gainesville

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JANUARY

# CLINIC NEWS

## REQUEST GROUP PIC



## THERAPIST SPOTLIGHT

MEET YOUR LMT:

*David*

David is a Florida native who has been practicing massage for over 9 years. David graduated from the Florida School of Massage in 2014. In that same year, he completed the IMAP (Integrated Massage and Personal Training Program) through the Cambrea Institute. He applies many different modalities in his work and is constantly trying to learn techniques and applications to strengthen his practice.

David has a grey tabby cat named Olive who he loves very much. He enjoys cycling, skateboarding, listening to music, hanging out with his partner, Shelby, and helping his patients get out of pain and back to the things that they love to do!



## Walking Support Group

Walk and chat with your therapist! This group is for women in any stage of cancer treatment, recovery, or survivorship.

Build community, get some fresh air, and ask any questions you may have.

**Meet in the lobby of ReQuest PT  
(attached to Main GHF)  
2nd Tuesday of each month at 10am**

**ReQuest**  
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JANUARY

# Request PHYSICAL THERAPY CLINIC NEWS

## HOLIDAY STAFF LUNCHEON



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