



The Team That Keeps You Playing

WINTER 2009

**SUGGESTIONS  
FOR DAILY  
HEALTH & WELLNESS**

- Wash your hands,
- Get 8 hours of sleep,
- Eat Breakfast,
- Wash your hands,
- Take a Multi-Vitamin,
- Drink lots of water,
- Wash your hands,
- Eat 2-4 servings of fruit,
- Eat 3-5 servings of veggies,
- Wash your hands,
- Make time for leisure,
- Try getting a massage,
- Wash your hands,
- Read a book,
- Take a vacation,
- Wash your hands,
- Call an old friend,
- Limit alcohol,
- Wash your hands!

**\*\*\*FOR IMMEDIATE RELEASE\*\*\***

**LASTING RELATIONSHIPS**

Our 2010 resolution is to start new lasting relationships!

Impact Sports Medicine and The Lakeshore Athletic Club have entered into what we believe will be a long lasting relationship. This partnership will enable each of us to provide the very best in Health, Wellness, and Rehabilitation.

The Lakeshore Athletic Club is located behind the Flatirons mall in Broomfield and offers the very best in amenities, state of the art equipment, and a well educated staff. They offer a wide variety of classes to meet the needs of every fitness enthusiast, the personal trainers are available to assist each member in achieving their wellness goals, and the spa can help rejuvenate anyone after a stressful week and is open to members and non-members.

Having a clinic inside the Lakeshore will enable Impact Sports Medicine to incorporate aquatics into our rehabilitation programs, assist patients in making positive lifestyle changes, and transitioning people into a great health club. In addition to providing superior rehabilitative services, we will be offering injury clinics with some local sports medicine trained family physicians and orthopedic surgeons. We will also be sponsoring physician/therapist lecture series on a quarterly basis. We anticipate being at the Lakeshore athletic club full time in January of 2010, and look forward to working with you to keep you on the playing field.

For more information about the Lakeshore Athletic Club, go to:

www.lsac-flatiron.com  
Membership 303-729-2552  
Spa 303-720-2551

