



## **Newbury Park Physical Therapy To Sponsor Health & Wellness Program Challenge**

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Newbury Park Physical Therapy, a clinic in Newbury Park, CA, has announced that they have started sponsoring a 6 week fat loss challenge. The program is a national program that aims to provide real solutions to the nationwide obesity epidemic by offering support in a fun way, including rewards.

"Getting in better shape is probably the number one new year's resolution," says Bernardine Thomas, co-owner of Newbury Park Physical Therapy. "I think what's most important for me to get across about our wellness services is that the small group exercise classes are customized to our individual clients' needs so it's almost as if we are a personal training session in a small group that includes a safe environment for clients to come to if they have any physical limitations of any kind that make them fearful to go into a regular gym environment." Further details are available on the clinic's wellness program page.

The 6 Week Fat Loss Challenge provides clear details of what the six weeks will involve. It starts with a hydrostatic body fat test, in which a person's body composition is measured. After the six week challenge, a second hydrostatic body fat test is completed, enabling participants to see the results of their work. During the six weeks, participants will be provided with expert nutrition coaching, including online coaching through

Habitory. The Habitory coaching is provided twice a day and is designed to help people break through their bad habits.

"The six week challenge is hard work, but we believe it is effective," adds Denis Dempsey, co- owner at Newbury Park Physical Therapy. "We want to support our clients in taking part in it and seeing the results at the end of their work. Losing weight is better on the musculo-skeletal system, so we know our clients are going to feel better as a result."

It is hoped that as many people as possible will sign up for the 6 Week Fat Loss Challenge. As a reward and incentive, participants are offered the chance to win a 30 minute telephone nutrition consult with expert Sharon Rich. Additionally, those who refer a friend stand a chance of winning a \$250 REI gift card.

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For more information about Newbury Park Physical Therapy, contact the company here: Newbury Park Physical Therapy Bernadine Thomas (805) 375-1461 [bthomas@nppt.com](mailto:bthomas@nppt.com) 2814 Camino Dos Rios #406 Newbury Park, CA 91320

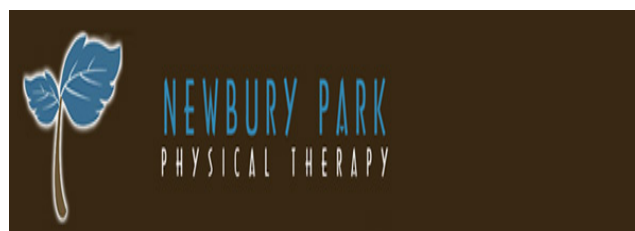
## **Newbury Park Physical Therapy**

*Newbury Park Physical Therapy is a state-of-the-art facility delivering personal compassionate care to patients with our highly qualified professional staff focusing on health and wellness.*

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