

**What's New...**

Hope the Holidays brought you and your family much joy and happiness. We continue to count our blessings that you have chosen SPOT for your therapy services.

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**SPOTLIGHT ON... Get Fit at SPOT**



Looking to work on your New Year's Resolution? Or just wanting to improve your health? Come join our fitness team!

SPOT is now offering customized programs for pediatrics and adults of all abilities, to use fitness as a means of achieving functional goals. The physical therapy treatment will focus on improving cardio/core strength ability by involving agility drills and high intensity strengthening programs. These programs will be designed just for that individual. Pre/post testing will be done which consists of a complete body composition assessment. This includes girth measurements, body fat percentage and body mass index. A complete stretching and strength test will be done also. This will create a base line to set up future goals.. This program will consist of one on one individual training with a therapist to help achieve the patients goals, and to create a healthier lifestyle. Please call SPOT Rehabilitation if you have any further questions about the program, or ask your physician for a referral! We would love for you to join the fitness team! Contact Sue Peck, Brenda, Kirsten Becker, or Jean with questions.



**Want to win a \$10 gift certificate to Gary's Pizza?**

Reschedule your appointment that you would miss due to a holiday, and your name will be entered into a drawing! Congratulations to the winners from Christmas and New Years!





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**Let SPOT help keep you  
in your SPOT!**

We are on Facebook!

SPOT Rehabilitation and Home  
Health Care

Come "Like" us on FB!

## Employee Spotlight...

**Jenna Solarz-Gaida**



*Her co-workers describe her as:* Always on the ball, one step ahead of the game, professional and WONDERFUL!! Great communication skills, fun, prompt, and easy going. Great therapist!!

*Born and raised in:* St. Joseph, MN

*Family:* Mom, Step-dad, Dad, Step-mom, ten yr old sister and two step-brothers

*3 things you can't live without:* Family, friends, Target (the store)

*If you had a million dollars what would you do?* Donate part of it, pay off student loans, buy a house and go to Europe.

*Favorite restaurant:* Granite City    *Favorite Book:* Anything by Nicholas Sparks

*Favorite Movie:* Mona Lisa Smile

*People probably don't know this but:* My right eye is green and my left eye is brown. And many don't know she is recently engaged. "I'm having fun wedding planning and I'm excited to start my future with my fiancé. "

**THANK YOU Jenna for being a GREAT Co-worker!!**

## Contact Information

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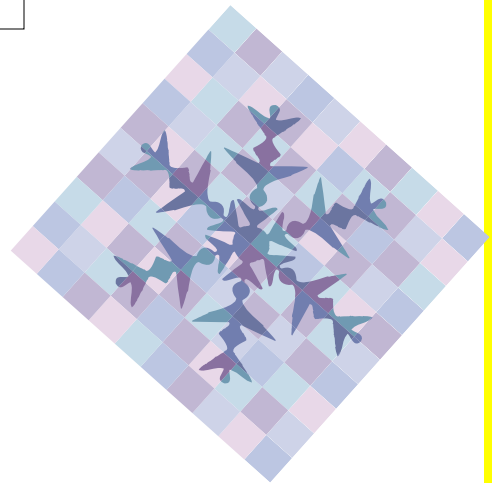
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## Website of the Month...

[www.cdc.gov/concussion/pdf/](http://www.cdc.gov/concussion/pdf/)



## Referral Rewards Program:

Refer a new patient to SPOT and receive a SPOT t shirt!!

**In the next issue...  
SPOTLIGHT on  
Equipalife**