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Health and well-being could be the most valuable gift any of us has. During the holidays especially, we often focus on the material things that we WANT and lose sight of what we already have. Until we develop an actual health problem, get an unwanted diagnosis, or just plain don't feel well, keeping healthy is not often enough our highest priority. **Caring:** Being mindful of and thankful for your well-being long before illness occurs is InMotion's gift to you this holiday season and always!

**Giving:** Think of your family, friends, colleagues and loved ones—how can you give them the gift of health? Just as holiday stress comes in all sizes, InMotion has easy-to-tailor health packages to match those sizes! Call us today and we will mail you or your recipient a gift certificate for whatever combination of our services you choose. Here are some simple and convenient ideas:

♥ Many people needlessly live in some degree of **pain**, and might need an evaluation of their spine, posture and/or musculoskeletal system in general. You might watch them suffer and don't know what to do. The elderly need "balance" strategies, for instance; and everyone, regardless of age, needs core strengthening. We have highly trained rehabilitation specialists who provide quality service in these areas under the guidance of our staff physicians, and we can assemble a personalized gift package for these services.

♥ Some people are **tired** or just **don't feel well** with no definable cause. Many have been through the "medical system," tried medications, followed by lab tests that are normal, but still suffer. For these conditions our alternative approach utilizes in-depth Acupuncture assessments, including energy graphic of meridians, and pulse and tongue diagnosis. We also provide Hormone analysis via consult, and saliva or hair analysis testing.

♥ Lots of us are battling **weight gain** from overeating, lowered will power, malfunctioning metabolism, and/or hormonal imbalance. InMotion's holistic approach to weight management is to assess the cause of the weight gain through nutritional consultations and food diaries so that we can then effectively prescribe the proper treatment regime. Because each patient is so unique, there is no standard "cookbook" for losing weight. Instead, ask about our individualized diet and nutrition strategy gift packages.

♥ We offer **therapeutic pillows** of all types: lowback, shoulder, eye, as well as naturally scented pillows to hug your neck while at the computer or reading. We fit custom made orthotics too!

♥ And of course there are **massage** packages, **our most popular gift of all**. We have 7 massage therapists trained in a wide variety of massage modalities for anything from gentle relaxation to deep therapeutic treatments to energy healing. For purchases of 10 massages, we'll even throw one in for you as a special thank you!!!!

**Sharing:** As the year progresses, we want you to feel good yourself and to not get too stressed out in the season of giving. As you know, stress itself can compromise your immune system. Give the gift of health, and also ask for it...If someone doesn't know what to get you, let them know what we offer!!! Our best wishes to you this

holiday season, and we appreciate you so very much. **Stay well.**

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