



# **MARINO PHYSICAL THERAPY**

*“Your Gateway To Feel Well, Live Well & Be Well”*

**Advanced Manual Physical Therapy**

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## **5 Tips For Achieving Your Health & Wellness**

1. ***Don't wait to improve your health and wellness. Now is the time to make changes to create new, healthy lifestyle habits.***

***Quote: “If you always do, what you've always done, then you'll always be, what you've always been.”***

2. ***Make specific goals for exactly what you will accomplish with respect to your health & wellness.***

***Hint: Include both Body & Mind into your goals.***

***Set specific goals for improving your:***

***Eating habits \* Exercise \* Weight \* General Well Being  
(including Relaxation)***

***Hint: Write Down Your Specific Goals***

***Example: 1. I exercise 20-30/day 4-5days/wk***

***2. I weigh \_\_\_ lbs. in \_\_\_ mo of \_\_\_ year by using  
healthy eating habits and exercising consistently***

3. ***Be motivated, focused and committed to the goals you have set for yourself. Nobody can do it for you.***
4. ***List out an action plan of how you will accomplish your goals.  
Example: Specific eating plan, planning exercise each day including time, repetitions, sets. How long will you walk, run, hike, etc. I meditate 3x's/week for 10-15 min.***
5. ***Consult a health professional when starting any new health and wellness program. This may include your family primary care physician, a nutritional counselor, or a physical therapist.***