

# TOTAL BALANCE TODAY

[www.tbfargo.com](http://www.tbfargo.com)  
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Total Balance  
Physical Therapy & Fitness



## A Quick Look at March!

COMPOSED AS A GROUP EFFORT AT  
TOTAL BALANCE

At Total Balance Physical Therapy and Fitness, we're consistently looking for new ways to connect with new members and stay in contact with our current ones! With that being said, we decided to write up a monthly newsletter! It seems every time we turn around we're doing something new at the gym from adding new classes updating equipment, developing and rolling out new specials, releasing promotions, or holding events for our members and the local Fargo-Moorhead community.

In our newsletter's we'll give reference to personal updates, new promos in the gym, events we're holding or sponsoring, tips and tricks to help you through musculoskeletal issues, and much more!! We thoroughly hope that you enjoy our newsletter and if you have any questions, thoughts, ideas, concerns, regarding the gym, physical therapy, personal training, or wellness, please do not hesitate to pull us aside and chat. We're passionate about what we do and we love sharing our information with you! So, without further adieu...

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Our goal is to serve you with such a great experience that you:

1. Thank the person who sent you here
2. Refer people you care about to us

# Welcome to Spring

## THIS MARCH

There are several new changes with the classes and the facility! For starters, we will be adding two new Pilates classes at 7:00am on Monday and Wednesday taught by a semi-familiar face, Lori Eddy! In addition, we will be opening the gym an extra hour early on Sunday's starting at 3:00pm with Group Power. TRX will be solidifying at 4:30pm with consistent classes Monday through Thursday for the after school special! Lastly, Christeen will be teaching Tai Chi Chih 1:00pm on Thursday's for an after lunch meditation. Come on down and check these new classes and adjustments out! Just a reminder, summer bodies are made in the winter.... spring...

## BINGO IS BACK!

You've asked, so we're bringing it on back! Group Fitness Bingo is the most highly anticipated March Promo. There will be 25 classes listed on the group fitness bingo sheet! To win you must get a "blackout" bingo by attending all 25 classes and blacking out that bingo card. Cards will be available at the front desk **effective March 1st, 2019**. Pick up your cards and start playing right away! Your cards may only be stamped at the front desk and there will be no back stamping for previous classes! Reminder - the group fitness class schedule is available at the front entrance, via email, on our website, and on our Facebook Page! Make sure you take a peek at the schedule and start planning your bingo strategy! Take as many cards as you would like, but remember only one prize per member!



# SPRING SPOTLIGHT

## FEATURING: NICKI GRAVALIN

For many years I had shoulder pain, but I always put that on the back burner. I was more focused on my family and other things than addressing that issue. I finally decided I had enough of my shoulder pain, and I started working with Dan at Total Balance. Turns out I had a "frozen shoulder". I began treatment with Dan, during my sessions Nicole would observe my sessions and sometimes assist Dan with Therapy. Nicole and I worked together to build back the strength in my arm.

When she found out I was on a weight loss journey she offered to continue to work with me after my physical therapy was over. She helped me re-affirm that it's not always about the number on the scale or the new diet plan, but about creating a healthy sustainable lifestyle. She also helped this cardio addict discover the amazing world of strength training! I've learned with the encouragement and support of Nicole and the rest of the staff at Total Balance that it's not solely about the number on the scale. It's about celebrating those non-scale victories. The shirt that used to be snug is now too big, when I can lift five pounds more than the week before, the mental peace I feel after a workout, being able to finally raise up my arm, getting a clean bill of health from my provider.

## TWO NEW FACES AT TB

We have two new faces at Total Balance! Lori Eddy started as our new trainer at Total Balance in February. She specializes in strength training, weight loss, and muscular endurance. She also teaches Pilates and Yoga. Reminder Every Member is eligible for a **Free** Intro-to-Fitness if you're interested in scheduling an appointment then give us a call! Many of you have seen Ben around the gym! Ben Helland is our new Administrative Director. When he's not at work, he loves spending time with his girlfriend, Mya. Ben is passionate about weight-training and wellness and will gladly answer any fitness questions in his scope. He is originally from North Dakota's, "Second greatest city of all time" Minot. So, if you have any questions about the gym, physical therapy, wellness or Minot stop by and see Ben!



I've lost nearly 90lbs since that first visit to my health provider 6 years ago. I am forever grateful to the staff and now people I call friends at Total Balance for helping me towards my goals, and I now get to enjoy having my husband join me and begin his own journey to getting healthy and stronger, and now thanks to Mark doing physical therapy with him, he no longer needs shoulder surgery. You're never too old or too far gone to make a change, I'm living proof of that.

**Read Nicki's Full  
Story at our  
Website:  
[www.tbfargo.com](http://www.tbfargo.com)**



# Total Balance

## Physical Therapy & Fitness

*Our goal is to truly bridge the gap between rehabilitation and wellness by providing a safe and positive environment for you to achieve your fitness goals.*

**Total Balance**  
Physical Therapy & Fitness

## 4 MINUTE GUIDE TO RELIEF FOR STENOSIS

By: The Stenosis Specialists at Total Balance

"Do You Suffer With Pain, Numbness, Tingling or Heaviness in One or Both of Your Legs?" Do you have back pain or leg pain with standing or walking? Do you have 50 or more candles on your birthday cake? Do you need to sit down for a minute for the pain to go away? If you do, then you may have **Stenosis**.

**Follow this simple, easy to use 4-Minute Road map to heal your stenosis quickly and naturally.**

### "What Is Stenosis?"

With age and injuries, the space between the bones in our back decreases. This is one of the reasons we shrink or may lose an inch or so as we become older. With the decreased space, nerves in the lower back may become pinched causing pain in the lower back and possibly down the legs. Stenosis may also be called "Arthritis" or your doctor may call it "Degenerative Disc Disease."

### "What Can I Do About My Stenosis?"

There are many available treatments for stenosis – and to select the right treatment for the cause of your stenosis can be confusing and frustrating.

The proven guide we use:

- 1.Exercise
- 2.Hands-on Physical Therapy
- 3.Medications
- 4.Injections

### "How does this work?"

The Rule with this system is "only move on to the next step after the previous treatment has failed. So don't take medication (Step #3) until first you have done the right exercises for stenosis (#1) and hands-on therapy (#2) with an expert Physical Therapist who specializes in stenosis.

This model is used by the healthiest group of people in the world. A similar system was mentioned in The #1 New York Times Best Seller "The 4 Hour Body." This may not be for everyone, only people who are focused on being healthy as they possibly can be. It seems like there are a ton of back exercises, So which exercise should I do?" The #1 Best Exercise to do for Stenosis is: Supine Double Knees To Chest. Ask one of our PT's or trainers about how to do it properly! Do this exercise for the next 7 days, every morning before you get out of bed AND any time you have pain in your back.

**Call us at 701-293-6037 if:**

Your pain and symptoms do not change, your pain gets worse with exercise, or you feel better with exercise, but it's still there.

As always, if you have any aches or pains or questions about the musculoskeletal system we offer a free discovery visit to anyone who needs it. Give us a call at 701-293-6037 and say hello to Ben to schedule your appointment! Thanks for reading our first newsletter!

**Total Balance**  
Physical Therapy & Fitness