

MOVE IT OR LOSE IT

Screening for Function After Quarantine

Are you living a sedentary lifestyle after quarantine?



Having loss of balance?



Decreased thinking speed?



Loss of strength?



Lack of endurance?

The coronavirus pandemic has changed us in many ways, including how our bodies function. Whether you've spent months quarantining to help flatten the curve or you've isolated to recover from COVID-19, it has limited our ability to move. Muscle strength decreases 1-3% per day for each day of inactivity or limited activity. This decrease in movement impacts the long-term strength, balance and endurance capabilities that keep your body healthy.

It's time to get moving again and regain the function you may have lost at home. Join CentraState for Move It or Lose It, a FREE screening that tests for strength, endurance, balance, memory, and walking abilities. Depending on your scores and functional status, we can recommend a personalized physical therapy program that's right for you.

Wednesday, January 6, 2021 | 11:30am-2pm

Centrastate Health Pavilion at East Windsor

319 Rt. 130 • East Windsor, NJ 08520

(ShopRite Plaza)

Schedule Now | Call 609-607-6700