

Sports Medicine

For more information about Meriter Hospital's Sports Medicine, go to www.meriter.com.

Keys to Successful Off-Season Training for Runners

Winter is a prime time to prepare your body for the rigors of the upcoming running season. Developing the proper balance of strength and flexibility is critical to preventing over-use injuries associated with training helping you achieve success.

▶▶ **DON'T LET THOSE NAGGING INJURIES KEEP YOU DOWN**

▶▶ **GET A HEAD-START ON YOUR TRAINING**

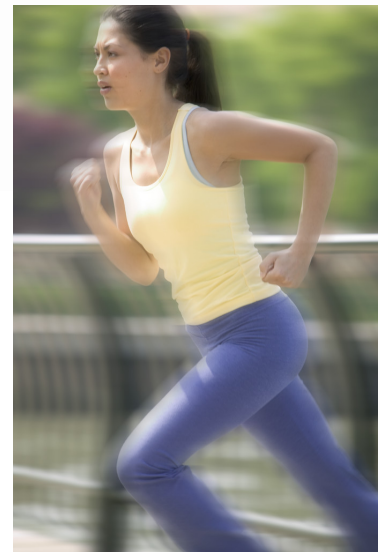
Join **Meriter Sports Medicine** and their staff of Physical Therapists, **Athletic Trainers**, and **Certified Strength and Conditioning Specialists** for an **INTERACTIVE** seminar designed to teach runners of any level the key components of *running biomechanics, strength, and flexibility*.

When: Wednesday, February 11, 2009
5:40 pm – 7:40 pm

Where: Meriter Physical Therapy
2521 Allen Blvd
Middleton, WI 53562

Cost: \$15

SNACKS & BEVERAGES PROVIDED!!



Details & Registration Available at: www.meriter.com/sports OR

(608) 417-8025

**Dress comfortably &
be ready to move!**

MERITER®