

Make the

Most of SUMMER!

With Jersey Fresh Fruits, Veggies and Seafood!

~ By Anthony DiPasquale ~

It's hard to believe that we are really here in the heart of the summer season. After such a long, harsh winter with such extreme cold temperatures that forced many of us to stay inside, this year's warm weather feels even more special. That is why it is crucial not to take these precious months for granted and to work to take total advantage of everything this season has to offer. With so many fun outdoor activities to choose from, as well as a plethora of Jersey grown and caught foods, it is the perfect time of year to focus on creating healthy lifestyle habits.

Whether it's a swim in a backyard or community pool, a dip in the ocean, a hike in a park or nature trail, a bike ride or just a walk around the block, now is the time to start exercising. But it's important to understand that any sudden increase in physical activity can cause injuries if you're not careful. If you do find yourself with a problem, our team of wellness professionals including physical therapists, chiropractors, acupuncturists and more can help you get back on track and back to enjoying all the summer fun.

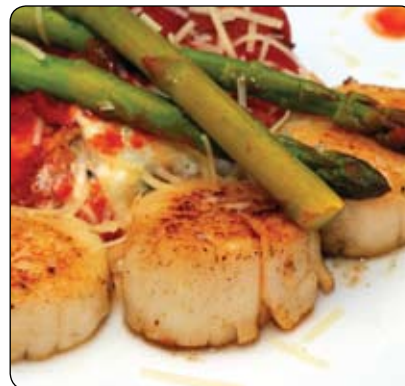
New Jersey isn't called the "Garden State" for nothing. Summer crops in our state are some of the most delicious and nutritious in the entire world. In addition, the Jersey Shore offers a bounty of seafood that is delivered fresh to many markets and restaurants around our area. What better time to start eating right? We are currently offering a free nutritional consultation from our Nutrition Department that can design a plan to help you

incorporate all these great choices to help you lose weight, have more energy and feel great.

The great John Lennon once said: "Life is what happens to you while you're making your plans." Don't let the summer slip by while you are making other plans. Instead, use the warm weather to get out and get active and utilize the homegrown fresh food to improve your diet. Because unfortunately, summer will be over before we know it and replaced with cold air, snow and the hustle and bustle of the holidays. But the healthy habits and lifestyle you develop now can be carried throughout the entire year.

Happy Summer! ■

— **Dr. Raj Gupta**, Soul Focus /
Garden State Spine & Pain Institute
"The Doctors You've Been Aching For!"
Got questions? Just want to say Hi?...
email me! DrRaj@SoulFocus.com
www.facebook.com/SoulFocusNJ



JERSEY FRESH FRUITS AND VEGGIES!

- Cranberries
- Bell Peppers
- Spinach
- Peaches
- Blueberries
- Cucumbers
- Squash
- Tomatoes
- Apples
- Sweet Corn
- Snap Beans

JERSEY FRESH SEAFOOD!

- Sea Scallops
- Surf Clams/Ocean Quahogs
- Blue Crabs
- Squid
- Hard Shell Clams
- Menhaden
- Summer Flounder
- Monkfish
- Oysters
- Lobsters



SOUL SPA NOW OPEN!

CALL US TODAY FOR
A FREE
NUTRITION CONSULTATION

SOUL SPA IS OPEN!
~ COME IN FOR A TOUR ~
Book ANY spa service over \$50 and enjoy full use of Focus Fitness Exercise Salon. (Plus steam and sauna!)

SOUL FOCUS

SOUL SPA FOCUS FITNESS GARDEN STATE SPINE & PAIN INSTITUTE, LLC
The Doctors You've Been Aching For!

7 Meridian Road | Eatontown, New Jersey 07724



MEMBER



732.935.1000

www.SoulFocus.com | www.GardenStateSpine.com