

Medicine Wheel Wellness
"The Winning Athlete"

Background on the creation of Medicine Wheel- 10 minutes

- The need for taking physical therapy out of a one dimensional practice to better service the athlete.

The Medicine Wheel Philosophy- 10 minutes

- Why the wheel is important for performance and overall health.
 - Spiritual
 - Mental
 - Emotional
 - Physical

Aspects of Sports Performance- 40 minutes

1. Spiritual Health-Inspiration/Support
2. Mental Health-Clarity/Motivation
3. Emotional Health-Intention/New Habits
4. Nutritional Health- Whole Foods/Choice
5. Physical Health-Performance/Change/Maintenance

Wrap Up

Questions & Discussion- 20 minutes

Social/Networking- 10 minutes

Francine and I firmly believe in a holistic approach to athleticism. Since Medicine Wheel and Francine, as a physical therapist, specialize in athletic training, from local athletes to X-Games we are going to ask some of our local athletes to attend the presentation and share their best practices during the question & answer segment. These are some of the athletes-

Travis Rice
Kelly Halpin
Jimmy Chin
Jess McMillen
Lynsey Dyer
Forrest Jillson
Ellie Armstrong
Kai Jones
Janelle Smiley