



CLINIC NEWSLETTER

APRIL 2025 | LET'S TALK: GETTING OUTSIDE



PHYSICAL BENEFITS OF GETTING OUT



Supports all
body functions



Stronger bones
& muscles



Boosts immune
system

Outdoor activities like walking, hiking, and cycling boost circulation, helping lower blood pressure and reduce the risk of heart disease.

Sunlight exposure increases vitamin D levels, which is essential for bone health, immune support, and mental health.

Fresh air and natural surroundings enhance lung function and reduce stress, leading to lower levels of cortisol (the hormone associated with weight gain and inflammation).



MENTAL & EMOTIONAL BENEFITS OF GETTING OUTSIDE



Reduces Stress & Anxiety



Improves Sleep Quality



Enhances Focus & Creativity



Supports Mental Clarity



Boosts Mood & Happiness

WANT TO CASH IN ON YOUR HEALTH?

Your PMR Clinic is giving you **THREE** chances to win **prize \$\$\$** by scheduling your physical early!

To enter one of the drawings, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the correct drawing based on your appointment date- **it's that easy!**

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. All appointments are scheduled on a first come, first serve basis.*

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$200	Jan 1 – April 30	June 1
\$100	May 1 – July 31	Sept 1
\$100	Aug 1 – Nov 30	Jan 1



Unlike many indoor activities, enjoying nature doesn't require expensive equipment or memberships!

LOCAL WAYS TO CELEBRATE EARTH DAY

Get outside and enjoy the parks and trails available in Franklin. [The Franklin Greenway Trails Map](#) shows Park Facilities, Multi-Use Trails, and Roadside Routes & Trails. Walking local trails is a great way to show appreciation for our beautiful planet. It's also a good opportunity to do our part in protecting it.

Have you ever heard of plogging? Plogging got its name from jogging and picking up litter. Since growing in popularity, plogging can be done on hikes, walks down the street, or while you're out running. It's simple: when you head out to your favorite trail in the local park, take a small trash bag and some gloves with you. The idea is to go on your normal route but take a minute to grab any trash along the way. It's a simple and efficient way to do our part in protecting the planet while also enjoying its beauty.

For same-day sick visits, please call 317-346-7970. We make every effort to ensure you are seen as soon as possible!

CLINIC HOURS

MON 8:00 a.m. – 5:00 p.m.*
TUE 7:00 a.m. – 3:30 p.m.
WED 8:00 a.m. – 5:00 p.m.*
THU 7:00 a.m. – 3:30 p.m.
FRI 8:00 a.m. – 5:00 p.m.*

*M,W,F: Closed 12-1 for lunch

Need an appointment? Have questions?

Call 317-346-7970

Email pmrjmh@pmrhealthcare.com

Go online to www.pmrjmhfranklin.com

Use Code: **PMRjmh2023!**

Visit 1159 W Jefferson St, Ste 101, Franklin IN

