



**HULST JEPSEN**  
PHYSICAL THERAPY

## FEBRUARY 2023 NEWSLETTER

# 6 AMAZING BENEFITS OF REGULAR EXERCISE



Greater Flexibility



Boosted Mood



Improved Strength



Controlled Weight



Better Sleep



Increased Heart Health



## GVSU GUEST SPEAKERS

LAST MONTH, OUR THERAPISTS WERE INVITED TO GIVE PRESENTATIONS AT GRAND VALLEY STATE UNIVERSITY! WE LOVE TO SHARE WHAT WE DO WITH OUR COMMUNITY

**DAVE BECKETT, MSPT**

**GVSU PRE-PT CLUB**

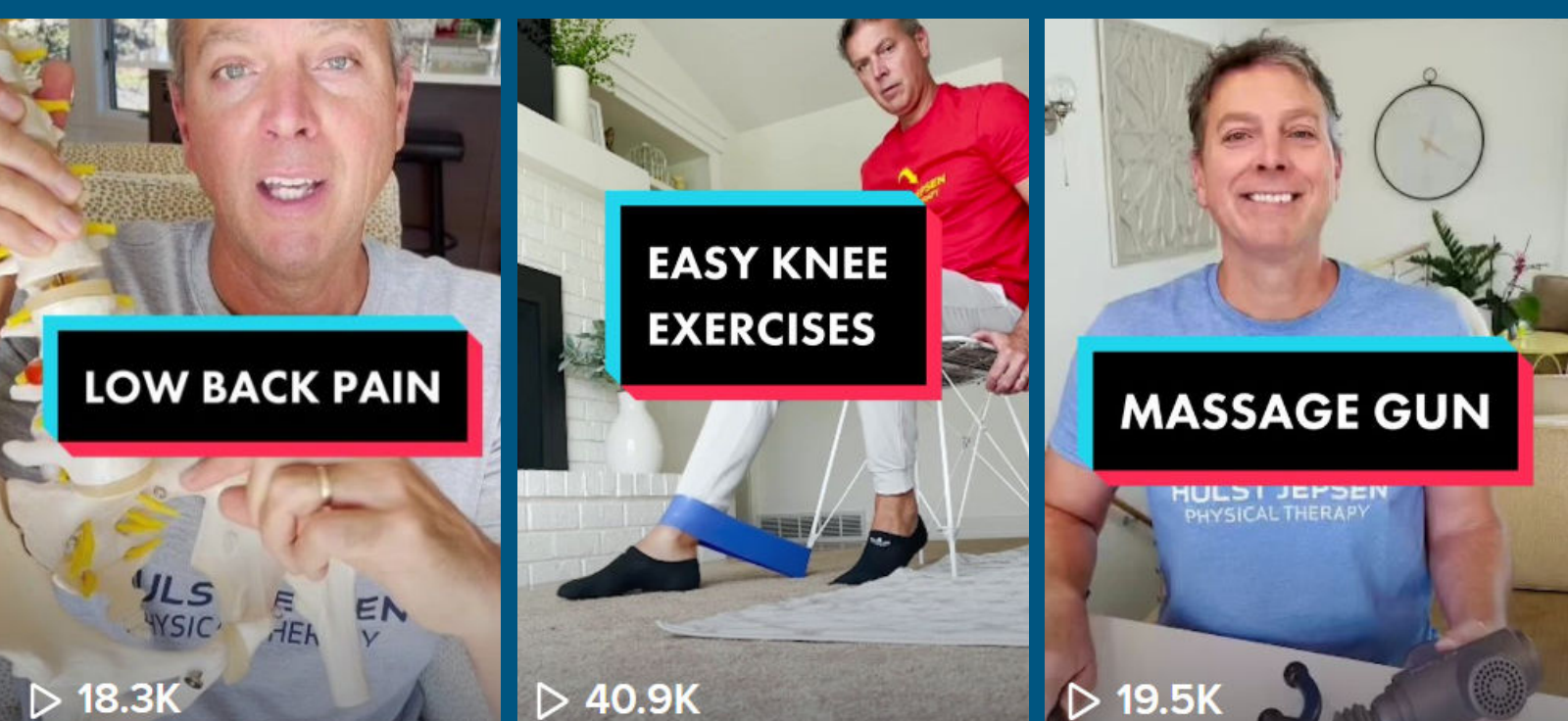
**NANCY RYAN, DPT**

**GVSU MUSIC PROGRAM**



LEARN SIMPLE EXERCISES AND EASY TO UNDERSTAND EXPLANATIONS EVERY WEEK

## TOM'S TIPS TUESDAYS



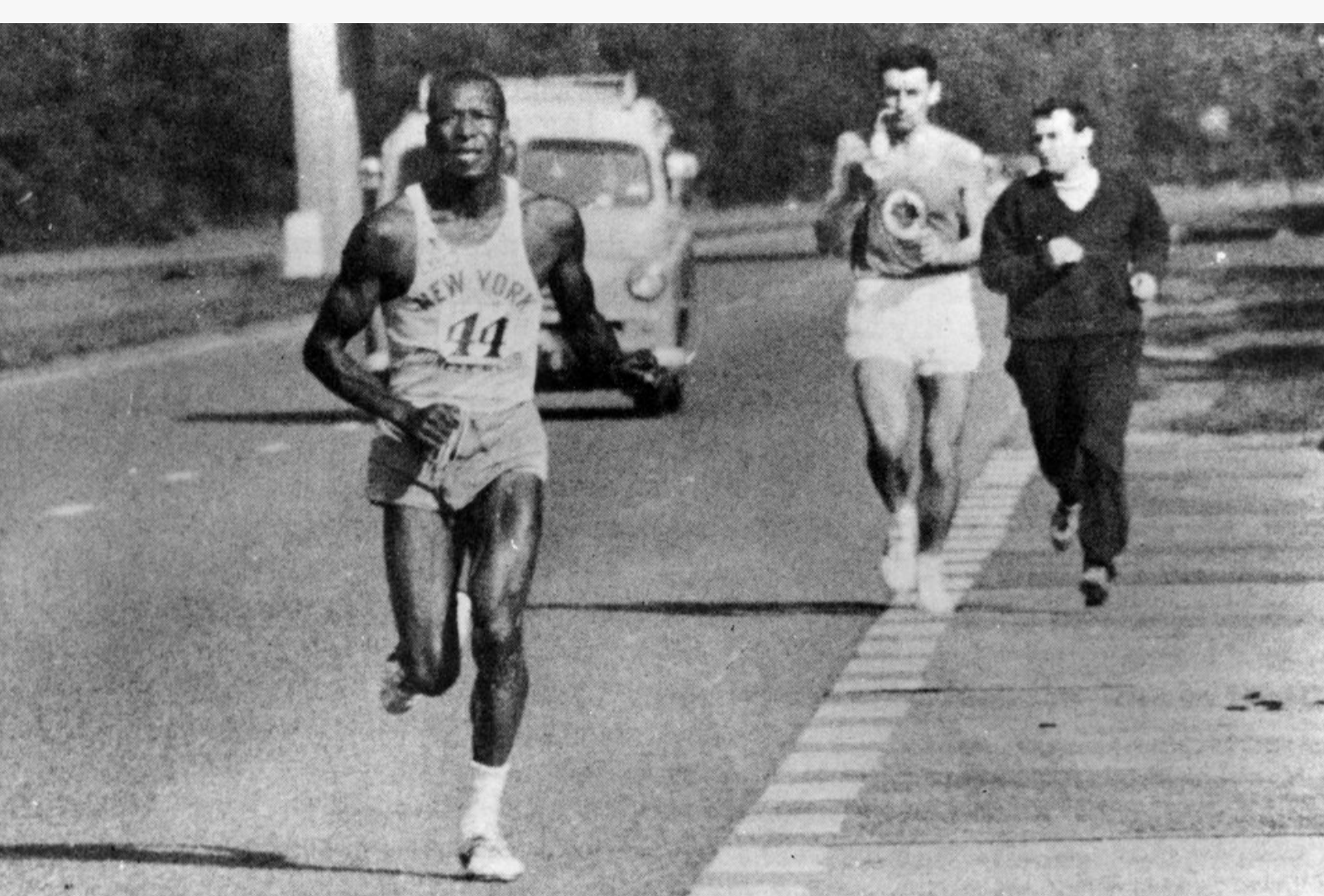
AVAILABLE ON YOUTUBE & TIKTOK  
JUST SEARCH FOR "HULST JEPSEN"



## BLACK HISTORY MONTH

**THEODORE "TED" CORBITT, PT, MPT**

PHYSICAL THERAPIST • WORLD WAR II VETERAN  
OLYMPIC ATHLETE • COLLEGE PROFESSOR  
MARATHON RUNNING PIONEER



READ TED'S INCREDIBLE STORY AT  
[hjphysicaltherapy.com/recent-news](https://hjphysicaltherapy.com/recent-news)



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