

For: Immediate Release Contact: Rob Cavanaugh

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**JFK Johnson Rehabilitation Institute:**

**Are You Exercising SMART?**

Edison, NJ— Many who made a New Year's resolution to exercise more in 2006 have already let their resolutions fall to the way side. What do you do to not become one of them? Phil Colombrita, manager of the Health and Fitness Center at JFK Johnson Rehabilitation Institute (JRI) in Edison, NJ advises everyone to exercise SMART. Says Colombrita, "SMART stands for Specific, Measureable, Attainable, Realistic and Timely. You can apply SMART thinking to your day, week, or overall goal, no matter what exercises you choose or how big your goal is. For instance, A SMART program for the month may be a commitment to exercise doing strength training and aerobics three times each week for 30-40 minutes each session with a goal of a 2/lb per week weight loss.

In addition, Colombrita also advises:

- Focus on what you will gain from exercise, such as a smaller size in time for a special event, not on what it will cost you such as time and effort.
- Include a well rounded exercise regime that incorporates cardiovascular, strength, flexibility, and balance routines.
- Note improvements as they come, such as mood enhancements, increased energy, better sleep, lower blood pressure, as well as weight changes for the better.
- Schedule exercise into your day the same way you do eating or sleeping.

You can't allow yourself to miss what you need most.

- To maintain motivation, make exercise a group activity and commitment.

If you need help reaching your fitness goals, call 732-632-1610 for information on joining the JFK Health and Fitness Center. The Center is located at 70 James Street in Edison.

**-moreAre**

**You Exercising SMART?, add one**

The JFK Johnson Rehabilitation Institute headquartered at the JFK Medical Center in Edison is a comprehensive rehabilitative service provider focused on educating the community on rehabilitative health and helping adults and children with disabilities reach optimal function and independence. The Institute offers a complete array of inpatient and outpatient programs and services in rehabilitative health, including stroke, orthopedics, prosthetic and orthotics, electrodiagnosis, fitness, cardiac, women's health, pain management, pediatrics, speech pathology and audiology, industrial and vocational rehab, and brain injury rehabilitation programs and services. JRI includes a 94-bed inpatient center in Edison. Outpatient centers are located in Edison, Metuchen, Monroe, Old Bridge, and Plainfield. Affiliated with the JFK Johnson Rehabilitation Institute is the Shore Rehabilitation Institute, a 40-bed inpatient and outpatient comprehensive rehabilitation hospital located in Brick, NJ. The Rehab Medicine Department at JRI also serves as the Department of Physical Medicine and Rehabilitation for UMDNJ, Robert Wood Johnson Medical School. JFK Johnson Rehabilitation Institute is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Comprehensive Inpatient Rehabilitation, Brain Injury, and Comprehensive Vocational Evaluation programs. For more information on The JFK Johnson Rehabilitation Institute, call 732-

321-7790 or visit the organization online at <http://www.njrehab.org>.

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