



The Apex Advantage



Upcoming Events:

AUGUST 3RD

Nutrition
Workshop
in Edgeley
5-8PM

AUGUST 26TH

Back Pain
Workshop at
Edgeley Public
Library

5:30-7PM



←
SCAN
HERE TO
REGISTER

As summer begins to wind down, August is the perfect time to make the most of the season while preparing for what's ahead. Whether you're squeezing in one last getaway, getting kids ready to head back to school, or settling into new routines, taking care of your health now can help you finish summer strong.

At Apex, we're here to help you keep moving with confidence. Inside this month's newsletter, you'll find expert tips, helpful resources, and ways to stay active, prevent injuries, and feel your best as we transition into a new season.



SCHEDULE HERE



Back-to-School Means Back-to-Sports



Fall sports are here! Whether you're dealing with a lingering injury, a recent concussion, or just something that doesn't feel quite right, our FREE physical therapy screenings can help you determine your next step. Don't wait until a minor issue sidelines your season.

Preparing for Birth: The Benefits of Pelvic PT During Pregnancy

Preparing for labor starts long before delivery. Tiffany Blinn explains how pelvic physical therapy can help you build strength, improve mobility, and feel more confident throughout pregnancy, labor, and recovery—even if you're not experiencing pain.



What Does Your Biological Age Say About Your Health?

How old is your body, really? In Lucas Barge's blog, he talks about how EGYM's newly updated BioAge goes beyond your chronological age to provide a more complete picture of your strength, cardiovascular fitness, muscle mass, and overall health. Learn what's changed and how BioAge can help you better understand and track your long-term health.



DAKOTA MUSCLE RELIEF

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