

# Kootenai Member

## Health & Wellness Clinic

The clinic will be closed  
Monday, May 26th

## CLINIC NEWSLETTER

### MAY 2025 | LET'S TALK: WALKING

#### SHINE DURING YOUR NEXT CHECK-UP

Regular walking can have a major impact on your physical exam results!

Walking strengthens the cardiovascular system, helps regulate weight, and reduces inflammation. People who walk consistently see improvements in key health markers like blood pressure, cholesterol levels, blood sugar, and resting heart rate. They have lower risks for chronic diseases and improved physical endurance measurements.

The result? People who maintain a daily walking habit receive more positive feedback during their annual physical exams! So lace up, get moving, and remember: the small steps you take today lead to the big wins you'll celebrate during your next doctor's visit!



#### BETTER WALKS. BETTER HEALTH. BETTER CHECK-UPS.

Research shows walking regularly can:



Lower blood pressure and help blood vessels become more flexible



Improve circulation and decrease stress hormones like cortisol



Improve insulin sensitivity and help prevent Type 2 Diabetes



Boost lung strength, improve breathing efficiency, and can lead to better spirometry results



Lower your risk of heart disease by up to 30%

# 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 – June 30	Aug 1
\$100	July 1 – Sept 30	Nov 1
\$100	Oct 1 – Nov 30	Jan 1



How many miles does it usually take to 'break in' a new pair of walking shoes? About 15-20 miles!

## READY, SET, SUMMER!

Summer is right around the corner, and kids are getting excited for busy summers full of day camps, T-ball, sports conditioning, sleep away camps, and more!

If your child requires a physical to participate in school and/or extracurricular activities, visit your PMR clinic to receive one for free!

And don't let spring or summer sniffles ruin your family plans—keep our number on hand for whenever you need a quick, convenient appointment to get back to your scheduled fun!

### Exciting News!

*Shingles vaccinations are coming to your clinic! Call to find out when you can schedule yours for \$0 out of pocket!*

**For same-day sick visits, please call 208-686-3371. 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 8:00 a.m. – 5:00 p.m.  
WED 8:00 a.m. – 5:00 p.m.  
THU 8:00 a.m. – 5:00 p.m.  
FRI 8:00 a.m. – 5:00 p.m.

## Need an appointment? Have questions?

Call 208-686-3371

Email [pmrkootenaicounty@pmrhealthcare.com](mailto:pmrkootenaicounty@pmrhealthcare.com)

Go online to [www.pmrkootenaicounty.com](http://www.pmrkootenaicounty.com)  
Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene ID

