



# 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

Take a break from screens and step into some green! Your local parks are the perfect place to unwind, get some fresh air, and soak in nature. Whether it's a walk, a picnic, or just enjoying the sunshine, a little time outside can do wonders for your mood and energy. Head out and explore today!

Maybe check out the easy 1.5-mile loop trail at [Twin Swamps Nature Preserve](#) or the various trails at [Harmonie State Park](#). You'll find trails for walking, biking, mountain biking, and nature hikes.

**For same-day sick visits, please call 812-505-9005. We make every effort to ensure you are seen as soon as possible!**

## CLINIC HOURS

MON 7:00 a.m. – 7:00 p.m.\*  
TUE 7:00 a.m. – 3:00 p.m.  
WED 10:00 a.m. – 7:00 p.m.  
THU 7:00 a.m. – 7:00 p.m.\*  
FRI 8:00 a.m. – 12:00 p.m.

\*M, Th: Closed 12-1 for lunch

## Need an appointment? Have questions?

Call 812-505-9005

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

Go online to [www.pmrcountrymark.com](http://www.pmrcountrymark.com)

Use Code: CMhealth1!

Visit 405 Southwind Plaza Dr, Mount Vernon, IN

