

# News from the Summit

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## ***Get to Know:***

### **Perry Beam, P.T.A.**

Perry Beam is a graduate of the Physical Therapist Assistant program at North Central State College in 1996. He has had the privilege of serving the local community for the past 12 years. This background has provided valuable experience in treating a variety of orthopedic and neurological conditions.

Perry married his wife Mandy in 1995 and is the proud father of Hannah 8, Mason 4, and Megan 2. He works hard to provide his family with a country home in the Pleasant Valley. Perry spends his spare time enjoying country life around the farm with his family and friends. He pretends to play golf, loves to fish, and the rest of the year is cutting fire wood.

He finds his greatest fulfillment in helping people, treating each person he knows with dignity and humor. Perry applies this approach with experience and teamwork to provide patients with a comprehensive enjoyable therapy.

## **Resolutions That Stick**

### ***Realistic Commitment.***

Resolve to stick to your change for at least thirty days. Less than this and you are likely to fall back into old habits. Three to four weeks is all it takes to condition a new habit.

### ***Be Specific.***

Just saying “I want to lose weight” is harder to visualize than saying “I want to lose 5 pounds.” If the long term goal is to lose 20lbs, set incremental goals for yourself. Celebrate your landmarks! It makes the long term goal seem more achievable.

### ***Write It in Ink.***

A commitment inside your head isn't a commitment at all. Keep a binder where you can store written commitments for habit changes. Not only will writing reinforce a promise to yourself, it will clarify your thinking as to what exactly you want to change.

### ***Keep a Journal.***

Open up a new word document and commit to writing a few sentences each day about your progress. This method, whether on the computer or in a written journal is helpful in reminding you about your commitment and helping you to stay focused on the change you want to make.

### ***Strategic Enjoyment.***

One way to create more positive feedback is to structure your habit so it becomes more fun. Going to the gym isn't the only way to exercise if you hate it. Look for ways you can make a new habit more enjoyable like making a commitment with a friend. This not only makes it more enjoyable, but also holds you accountable.

### ***Behavior First, Results Later.***

Don't let watching the scale discourage you when trying to change a habit. The correct change in behavior has to come before any results start to appear.

### ***Consistency Counts.***

A habit that is performed the same way, at the same time and under the same conditions every day for a month will be reinforced far more strongly than one that changes throughout the week. Be consistent and you can spend less time reinforcing a habit.



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