

## WELLNESS FOR LIFE PHYSICAL THERAPY, LLC

# CINDY STAIGER, PT, MPT

By: Melody Klitzke

*Photo courtesy of: Wellness for Life Physical Therapy*



## New Venture Promotes Wellness for Life

Cindy Staiger, PT, MPT knew this was her time to join the advocacy of the American Physical Therapy Association's (APTA) recommendation to educate the public on living healthier by approaching people's health and prevention of diseases proactively. In September 2016, Mrs. Staiger opened her private practice, Wellness for Life Physical Therapy, LLC.

Having worked in various areas of Physical Therapy helping others recover from injuries and illnesses for over 20 years, Cindy recognized her passion is to help people live balanced lives. "When the APTA started doing health promotion and prevention initiatives, I knew it was me. I jumped in with both feet," Cindy tells us. "I feel like it is my time to give back into the community and help other people with what I have learned."

Seeing firsthand the result of a declining wellness trend in society combined with a rise of noncommunicable diseases, such as high blood pressure, Type 2 diabetes, and obesity, and knowing many of these cases are preventable, Cindy has committed to helping people live fuller, healthier, happier lives. Cindy says, "I want to be on the front lines, I want to help prevent, I want to help busy people live better."

Based off a thorough detailed health assessment looking at your lifestyle, activity level, and goals, along with an extensive fitness test, Cindy will help you formulate a personalized, achievable action plan revolving around healthy life choices, incorporating activity, and strength training while showing you how to easily integrate all areas into your daily routine with long-term, life changing results. She will help you get your wellness goals on track, for most clients, in just two sessions. The first session consists of the evaluation, the second lays out your goals with realistic steps and recommendations to achieve them. Cindy

says, "Wellness is about a balanced life. I will show people how to incorporate their activity into their normal day so they are there for their family life."

Still working through her first year of private practice, Cindy has embraced the multiple roles entrepreneurship offers. Making the decisions for all aspects of her company has given Cindy the opportunity to run it with her own outlook and philosophies. Cindy states, "I have really come to respect business owners. This is not just a 9-5 job." She continues to add, "It comes with many rewards. You can put your own personal values to what you want to do. You can really make it your own, make it personalized and develop it."

This busy, successful, entrepreneurial wife and mom, in the midst of raising 5 children from ages 12-20, understands the challenges of incorporating a sustainable wellness plan into an already hectic schedule. "I want to use the talents I have and the skills that I've learned to help other women be successful as they are navigating their families, as they are navigating their business, careers, or part-time jobs," says Cindy. "I want to help young professionals as well as baby boomers. I want to help people get into their groove so they can have more energy and life in their lives."



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