



The Stroke I.M.P.A.C.T. Study

NEWSLETTER

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Take the Leap in 2008

For many Americans, the month of February is all about Valentine's Day. We start to see Cupid and hearts popping up all over the place as soon as the New Year begins. This year, we have the added twist of an extra day in February.

February 29th has a valid reason for being there, and it has a name: Leap Year Day. It was put in place for one reason only; to keep the Gregorian calendar in sync with the solar calendar. It's a little day with a lot of responsibility.

Leap Year Day represents change and doesn't receive the recognition it deserves. We can use the calendar change as a springboard to make changes in our lives and routines. It's not always easy to change, but 2008 is the year to take the Leap.



Have you continued to work on your recovery now that your I.M.P.A.C.T. training is behind you? Are you attending a stroke support group? Do you regularly add new activities to your schedule?

The Stroke I.M.P.A.C.T. Study has these suggestions for positive change.

▲ Evaluate the function of your hand and arm most affected by your stroke and make conscious efforts to use your weaker hand while doing daily activities.

▲ Accentuate the positive; focus on the gains you have made rather than the losses.

▲ Push yourself a little bit more each day. You may be amazed by the things you are capable of doing.

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