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**FOR IMMEDIATE RELEASE**  
**November 15, 2022**

**IRG Physical & Hand Therapy Encourages Wellness With “IRG Trail” Campaign**  
*IRG Physical & Hand Therapy Provides Seven-week Walking Challenge to Staff  
and Community Members to Increase Physical and Mental Wellness*

**MILL CREEK, WASH., November 15, 2022:** Over the seven-week period from September 21 to November 5, IRG Physical & Hand Therapy introduced a walking challenge to prioritize health and wellness to our local communities and within our clinics. The challenge consisted of walking 10,000 steps every day for seven weeks, which would cover the distance between all our western Washington clinics. During the company’s IRG Trail campaign, staff and community members from IRG’s 35 locations throughout Washington state worked to increase their physical activity and improve their mental health.

IRG Physical & Hand Therapy therapists were excited to participate in this challenge, citing that the IRG Trail challenge would not only benefit their own physical and mental health but would also impact the overall health and wellness of their patients.

Community participants loved how they could have a friendly competition with their local clinic to see who walked the farthest distance each day. One of the participants from our Bellevue clinic said, “By making it a challenge where we could compete with friends and family and not viewing it as workout, made me more inclined to participate. Without even realizing at first, my mental health has only been improving since I began walking each day. Even though the challenge has ended, I plan to continue improving my overall mental wellbeing and challenging my friends to join in!”

There were 158 participants in the IRG Trail challenge. Out of the participants, 32 of them completed the challenge. This means that they walked 10,000 steps every single day for seven weeks. All who participated, even those who did not fully complete the challenge, will receive a special IRG branded water bottle. IRG is dedicated to improving the lives of those in its communities. Keep an eye out for more fun challenges like this in the future!

IRG is dedicated to providing services that improve the lives of its patients and contribute to the enrichment of its surrounding communities. Keep an eye out for more fun challenges like this in the future!

**About IRG Physical & Hand Therapy:**

*IRG Physical & Hand Therapy is headquartered in Mill Creek, Wash. and operates over 35 outpatient clinics throughout the Puget Sound region. More information about the organization can be found at [IRGPT.COM](http://IRGPT.COM).*

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