

A woman with short brown hair, wearing a blue long-sleeved shirt and blue patterned leggings, is running on a dirt path. She is holding a clear plastic water bottle in her right hand. The background is a lush green forest with trees and foliage.

## IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING

### INSIDE:

- 4 Exercises For A Healthier You
- February Is Heart Health Awareness Month
- Patient Success Spotlight
- Challenge Your Mind

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**FYZICAL®**

Therapy & Balance Centers



2021

# NEWSLETTER

## IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING



Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you. Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. Contact FYZICAL today to learn more.

**Why is strength training so important?** There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle

Whether you have an acute injury, a chronic condition, or balance problems, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call today at:

**Bradenton-Central Clinic: (941) 749-1734**

**Ellenton Clinic: (941) 721-1854**

pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At FYZICAL, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

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[fyzical.com/ellenton](https://fyzical.com/ellenton)

## 4 EXERCISES FOR A HEALTHIER YOU

There are some simple exercises you can do on your own, in order to complement your strength training plan and keep in shape after your sessions are over. These include:

**1. Hamstring Stretch.** Stand facing a wall or counter. Use it to steady yourself if needed. Take a large step forward with one leg, making sure the knee of the forward leg is straight and your body weight is shifted to the bent back leg.

Place your hands on your forward knee. Hinge forward from the hips, keeping your back straight. Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee. For a greater stretch, elevate your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.

**2. Iliopsoas Stretch.** Assume a wide and long lunge position, with your hands on your hips. Tuck your buttocks under you while you shift your weight to the forward leg. Make sure to keep your posture straight. Hold for 20 seconds. Repeat 3 times on both legs.

**3. Shoulder Flexion Stretch.** Stand in a corner of the room with one foot in front of the other. Place your hands on the wall and make sure to keep your back flat. Reach your arms up overhead. Move your chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.

**4. Piriformis Stretch.** Lie on your back with knees bent and your feet flat on floor. Cross one leg over top of the other. Lock your hands



around your knee and pull it to your chest. Hold for 20 seconds. Repeat 3 times on both legs.

**Contact FYZICAL today!** Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision. **If you are interested in improving your health and fitness through strength training, don't hesitate to contact FYZICAL today to find out how our services can benefit you!**

## PINK SUNRISE STRAWBERRY SMOOTHIE



### INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 – 1 small beet frozen
- 1 ripe banana

- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

### DIRECTIONS

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

## CHALLENGE YOUR MIND WORD SEARCH

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Q	I	F	R	D	R	C	D	E	O	C	X	J	B	L	
Z	M	D	O	Z	R	C	X	L	A	C	T	G	Z	L	
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- Gift
- Hugs
- Love
- Arrow
- Candy
- Cupid
- Heart
- Sweet
- Kisses
- Flowers
- Chocolate
- Valentine

## Patient Success Spotlight



**I am much more independent in general and I am able to stand up for long periods of time allowing me to join normal family activities!**

"Since I have started coming to FYZICAL Therapy and Balance Centers, I am no longer in a wheelchair. I have recently even started to come in walking safely with a quad cane, I am much more independent in general and I am able to stand up for long periods of time allowing me to join normal family activities. My left arm and shoulder are also better and allow for basic tasks such as opening doors and such. I am very thankful to my therapists for helping me get to where I am, and for making me look forward to getting even better."

### YOUR HEALTH MATTERS TO US!

When you visit us, our team is committed to helping you feel confident that you are in good hands. As your health and wellbeing are our priority, we are:

- Screening all staff before starting their shift.
- Screening all patients upon arriving at the clinic.
- Requiring that all patients wear a face covering and all of our staff are wearing a face mask.
- Asking that clients remain in their car until their appointment time.
- Requesting all visitors to use the hand sanitization station at entry.
- Our clinic's cleaning standards align with or far exceed prescribed CDC Universal precautions for healthcare facilities and include: disinfection of pens, phones, computers, surfaces, and door handles regularly. Hand washing, as well as equipment and treatment table cleaning, is a typical routine before and/or after EACH client interaction.
- We have adjusted how we schedule team members and clients to control volume safely.
- We are also offering Telehealth for those who wish to continue physical therapy treatments at home and not lose progress.

## FEBRUARY IS HEART HEALTH AWARENESS MONTH



### Tips For Better Heart Health.

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

FREE

## 15 MINUTE CONSULT SHOW YOURSELF SOME LOVE!

CALL TO SCHEDULE TODAY!

BRADENTON-CENTRAL CLINIC: (941) 749-1734  
ELLENTON CLINIC: (941) 721-1854

Limited to the first 25 callers.  
Expires 02-28-21



## **BRADENTON-CENTRAL CLINIC**

5211 Manatee Ave West

Bradenton, FL, 34209

P: (941) 749-1734

F: (941) 749-1736

[fyzical.com/bradenton-central](http://fyzical.com/bradenton-central)

## **ELLENTON CLINIC**

2990 Us Hwy 301 N

Ellenton, FL, 34222

P: (941) 721-1854

F: (941) 721-1859

[fyzical.com/ellenton](http://fyzical.com/ellenton)

# EXERCISE OF THE MONTH

## **WALKING LUNGE**

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot. Repeat 10 times on each leg.

