



# 7 WAYS TO BECOME HEALTHIER, STRONGER & MORE ACTIVE

GAIN MOBILITY TODAY



**FREE**  
NECK PAIN  
WORKSHOP  
DETAILS INSIDE

## INSIDE OUR NEWSLETTER:

- 7 Tips You Can Do On Your Own
- Healthy Recipe
- Relieve Hip Pain In Minutes
- Improve Your Balance With Chair Yoga
- Patient Success Spotlight



## 7 WAYS TO BECOME HEALTHIER, STRONGER & MORE ACTIVE



Whether you have been injured or have been suffering for a long time, seeing a physical therapist at FYZICAL Therapy & Balance Centers of Hazleton can help you return to a more active and pain-free life. Give us a call at (570) 501-1808 today!

It is common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At FYZICAL, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

**Your health and you:** The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in

the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

**Increasing your strength and flexibility:** It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

## 7 TIPS YOU CAN DO ON YOUR OWN

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Taking care of aches and pains.** Don't let these long-term problems linger. Contact FYZICAL for professional help.
- 2. Limiting your sitting.** Get up every 30 minutes to walk around at work and home.
- 3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.
- 4. Maintaining a nutritious diet and controlling portion.** Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.
- 5. Drinking more water.** Water keeps your body systems functioning at an optimum level.
- 6. Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.
- 7. Getting enough sleep.** Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

**Contact FYZICAL today!** Are you looking for assistance with increasing your health, strength, and physical activity? Our team at FYZICAL would love to help you live your highest quality of life. **Contact us today to begin your new chapter toward becoming a healthier you!**



**Call us today to schedule an appointment!**



### BALSAMIC BERRY VINAIGRETTE SALAD

#### INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

#### DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

## PATIENT SUCCESS SPOTLIGHT



**"Highly recommend this gym to anyone looking to get in shape!"**

"The gym is always clean and the staff is super friendly and informative. Highly recommend this gym to anyone looking to get in shape." - **M.D.**

### Relieve Hip Pain In Minutes

Try this movement if you are experiencing hip pain.

#### Strengthens Hips



#### HIP ADDUCTION | SIDELYING

Lie flat on your side. Place a rolled towel between your waist and the floor, directly above your hips. Position your bottom leg in line with your trunk. Bend your top knee and place your foot flat on the ground directly in front of your bottom knee. Lift your bottom foot as high off the ground as you can, keeping your knee straight. Relax your leg back to the start position. Repeat 10 times on each leg.



## IMPROVE YOUR BALANCE WITH CHAIR YOGA



Want to work on your balance and flexibility? **Come join us for chair yoga every Friday, at 1:30! \$5 for gym members, \$7 for non gym members.**

## NEW YEAR NEW YOU!



**FYZICAL**  
Therapy & Balance Centers

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely. Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming strong, healthy, and active in 2021.

**FREE 20 MINUTE CONSULTATION**

**CALL TO SCHEDULE TODAY!**

**(570) 501-1808**

Limited to the first 15 callers.  
Expires 02-28-21





FREE 20 MINUTE  
**CONSULTATION**  
DETAILS INSIDE

**FYZICAL THERAPY & BALANCE CENTER OF HAZLETON**  
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**FYZICAL FITNESS CENTER OF HAZLETON**  
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**CHECK OUT OUR ONLINE  
STORE!**

FYZICAL now offers physical therapy items and workout equipment on our online store. **Visit our store at [www.fyzical.com/hazleton/Online-Store/Link-test](http://www.fyzical.com/hazleton/Online-Store/Link-test).**

