



IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING

GAIN MOBILITY TODAY



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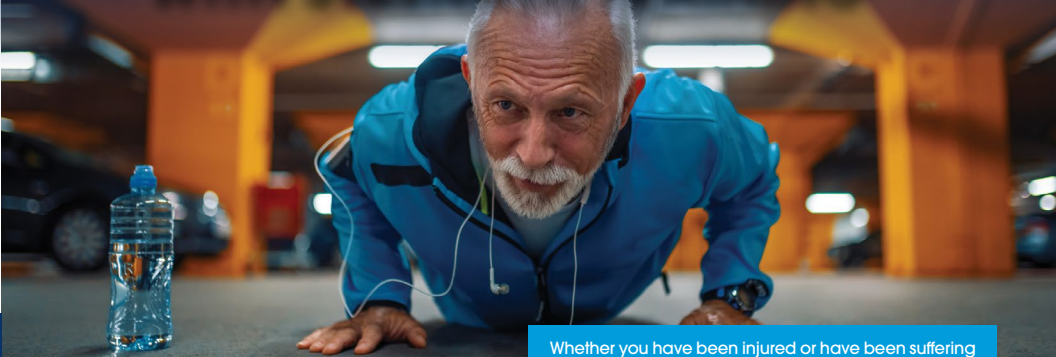
Therapy & Balance Centers

2021



NEWSLETTER

IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING



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.

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.

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.

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!

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).

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!**

Subscribe to receive our digital newsletters on our website today!

www.fyzical.com/hazleton

WANT TO IMPROVE YOUR HEART HEALTH?

Heart disease is the number one killer of Americans with over 800,000 people dying every year which is around 25% of all deaths. If you have heart disease or want to prevent it, one of the best things you can do is to exercise. Not only can it help with blood pressure, lower bad cholesterol and increased good cholesterol, but it has been found to reduce death rates by 25-30% even in people after a heart attack.

So how much should you be doing? According to the American Heart Association, you should be getting around 150 minutes of moderate exercise weekly. That means 30 minutes sessions, 5 days a week or one hour sessions, 3 times a week. The more you exercise, the lower your risk. Not sure what moderate exercises are. Moderate intensity is different for different people and should be based on your existing fitness and activity level. One good way to figure it out is based on your maximal heart rate which is calculated at 220 minus your age. So for a 50 year old it would be 170. Moderate exercise would be around 70% of that number so for a 50 year old you would want to exercise so your heart rate is around 119 beats a minute.

What type of exercises should you do? There are 3 types of exercises that have been found to be helpful for a healthy heart. Aerobic exercises, strength training and stretching has all been found to help with heart health so a good well rounded program would be the best. No matter what exercises you do though, you want to be sure to do them with moderate intensity as that is where the benefits have been found.

What if you have aches or pains? With the guidance of a Physical Therapist, we can help you figure out a way to manage your pains and modify the exercises in a way to reduce your risk of making your pains or arthritis worse.



For those of you who want to work on improving their heart health, get moving! If you want some guidance on the types of exercises to do or for those that may have health issues or pain, FYZICAL in Hazleton can help. Our Fitness facility is equipped with heart friendly equipment including aerobic and weight training with devices that can help you monitor your heart rate. We are staffed by Physical Therapists who can help manage pain and injuries to make exercising easier.

To schedule an appointment or for more information, give us a call at 570-501-1808, visit our website www.FYZICAL.com/Hazleton or catch our TV show "Wellness Through FYZICAL Therapy" on WYLN.

Call us today to schedule an appointment!



STRAWBERRY-CHOCOLATE GREEK YOGURT BARK



INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- 1 ½ cups sliced strawberries
- ¼ cup pure maple syrup or honey
- ¼ cup mini chocolate chips

DIRECTIONS

Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving. Equipment: Parchment paper

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.**



FYZICAL
Therapy & Balance Centers

Relieve Back Pain In Minutes

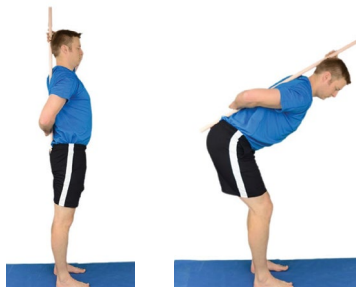
Try this movement if you are experiencing back pain.

Strengthens Glutes



HIP HINGE | STICK ON BACK

Hold stick on back with 3 points of contact: tailbone, upper back, and head. Keep your big toe and little toe in contact with the ground with knees softly bent as you push your hips back until you feel a stretch in your buttocks and hamstrings. Engage your core, buttocks and hamstring as you come back up to standing. Repeat 10 times, three sets.



PATIENT SUCCESS SPOTLIGHT



"I strongly feel I have gotten past 'just functioning' to absolutely better!"

"Before coming here, I could only sit in certain chairs, travel short distances, and needed help with everyday activities such as cooking, cleaning, laundry, and shopping. Now after my sessions and some unusual and unique tips, I strongly feel I have gotten past 'just functioning' to absolutely better!" - **M.G.**

DISCOVER HOW TO LIVE PAIN-FREE

At FYZICAL, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

We have blocked off 20-minute appointment spots for **FREE** consultations with our physical therapists. The purpose of the appointment is to go over any problems you are having and get you on the right path to living a healthier life. **So if you are experiencing any pain and you'd like to find out the cause and the way to solve it, then give us a call to schedule. 570-501-1808.**

FREE

**20 MINUTE
CONSULTATION**
**BIG
DEAL**



**CALL (570) 501-1808
TODAY TO SCHEDULE**

Limited to the first 15 callers.
Offer expires 03/28/21



FREE 20 MINUTE
CONSULTATION
DETAILS INSIDE

FYZICAL THERAPY & BALANCE 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.**

