



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

Improve Your Health and Fitness with Strength Training



Schedule your appointment today by scanning the QR code or by visiting us online at fyzicalutah.com or call the clinic closest to you.

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Improve Your Health and 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 Therapy & Balance Centers 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 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 Therapy & Balance Centers, 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 bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

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 Therapy & Balance Centers 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 Therapy & Balance Centers today to find out how our services can benefit you!

Refer A Friend



Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!
They will thank you, and so will we!

Staff Spotlight



Elise Fowler - PTA

My name is Elise Fowler, I am a physical therapist assistant who graduated from Provo College in 2018. I have worked for FYZICAL for 3 years. In that time I have gotten experience in balance and vestibular training, aquatic therapy, and pelvic floor therapy. I enjoy the outdoors and being active but I also love sitting down and reading a good book. One of my passions is helping others and I'm grateful I get to do that every day I go into work!

The Provo clinic is sad to be losing Elise Fowler since she has moved to Ogden. She has been a key part of our team in Provo and will be missed, but we are excited for those in the area surrounding the Ogden clinic as they will get to experience her excellent care, kind nature and positive attitude. Thanks Elise

Nutrition Tips For A Healthy Summer



Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

- 1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
- 2. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
- 3. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
- 4. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- 5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
- 7. Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
- 8. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

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Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. [Reach out to us or visit our website at \[fyzical.com/utah\]\(http://fyzical.com/utah\) to learn more about this program.](http://fyzical.com/utah)



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



Has Your Pain Come Back?

Come back in for physical therapy!

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University Avenue
Provo, Utah 84604
(801) 373-7438

Lehi Address:
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Street Suite #200
Lehi, Utah 84043
(385) 309-1951

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360 South State
Street #C110
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84405
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