

NEWSLETTER



**MARCH YOUR WAY TO HAVE
MORE MOVEMENT & MORE
ENERGY**

ALSO INSIDE:

HOW CAN I GET MOVING? • PATIENT SUCCESS SPOTLIGHT • HEALTHY RECIPE • AND MORE!

NEWSLETTER



MARCH YOUR WAY TO HAVE MORE MOVEMENT & MORE ENERGY



Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact FYZICAL today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

Why is physical activity so important? When you don't participate in frequent physical activity, your muscles begin to weaken and over

time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

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Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your

spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

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ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

HOW CAN I GET MOVING?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.



In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At FYZICAL, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. **If you are looking for assistance in living a more physically active life, contact us today.**

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE TO IMPROVE MOBILITY

MARCH IN PLACE

Stand with good posture, feet shoulder width apart. March forward, lifting knees as high as you can. Maintain good posture and keep your hips level. Repeat for 30 seconds.

SimpleFit Pro
www.simplefit.com



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE POOR BALANCE?

**FREE
FALL-RISK ASSESSMENT**



**CONTACT US TODAY TO
SCHEDULE AN APPOINTMENT**

EXPIRES 03/30/21



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

IMMUNITY BOOST GREEN GODDESS SOUP



INGREDIENTS

- 3 cups baby spinach or super greens blend
- 1 clove whole peeled garlic
- 2 tbsp fresh ginger, sliced
- 1/4 tsp cayenne pepper
- 1/4 tsp ground turmeric
- 1/4 tsp wasabi powder (optional)

DIRECTIONS

Mix all ingredients (except those for the garnish) together using a high-speed blender. Heat over stovetop until steaming hot. To serve, pour into a bowl and garnish with broccoli florets, a swirl of yogurt, and chia seeds.

- 1 cup chicken or vegetable broth
 - 1/2 cup coconut milk
 - Salt & pepper to taste
 - Squeeze of fresh lemon or lime juice
- For Garnish:
- broccoli florets, lightly steamed
 - 1/4 cup Greek yogurt, thinned with milk
 - Chia seeds

STAFF SPOTLIGHT

INTRODUCING KERBI WANGSGAARD, PT, DPT AT OUR FYZICAL ST. BERNARD CLINIC

While I enjoy being a physical therapist, when I'm not working, I enjoy traveling and writing music. I have moved around quite a bit my entire life so I like a change of scenery. In the United States, I have lived in nine different states and visited twenty. Outside of the U.S., I have been to South Africa, Mexico, and the Bahamas. I have so many more countries on my bucket list and places I would like to explore- Thailand, Egypt, Australia, Europe, Japan, Costa Rica, you name it! People often ask me what is my favorite place that I have lived, but that is hard to decide. If I had to choose- it would be a tie between Louisiana and Colorado.



When it comes to writing music, I have been artistic and creative as far back as I remember. I actually won a state-wide award for one of my poems when I was in first grade. I have been consistently writing music for over 12 years now. I don't think I will ever stop writing music because the joy that it brings me and the emotions I can express through music. Who knows, maybe one day I will win a Grammy!

HAPPY ST. PATRICK'S DAY!

Happy St. Patrick's
Day from your
FYZICAL New
Orleans & St.
Bernard team!



PATIENT SUCCESS SPOTLIGHT!



**Resulted into me being
able to resume all of my
activities without any pain.**

"I had a great experience here at FYZICAL. The staff was on their jobs, all willing to help out in any way they could. They provided me with the necessary activities to help with my problems, which resulted into me being able to resume all of my activities without any pain. Thank you FYZICAL! I would be sure to recommend you to anyone who is in need of PT. Thanks again!!" - Antoinette F.



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