

NEWSLETTER

**BECOME HEALTHIER,  
STRONGER & MORE  
ACTIVE**



**ALSO INSIDE:**

7 TIPS YOU CAN DO ON YOUR OWN • PATIENT SUCCESS SPOTLIGHT • STAY HYDRATED! 4 SIMPLE WAYS TO MAKE HYDRATION A HABIT • AND MORE!

# N E W S L E T T E R

# BECOME HEALTHIER, STRONGER & MORE ACTIVE



It is a 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.

**Did you know that there are approximately 642 skeletal muscles in the human body?**

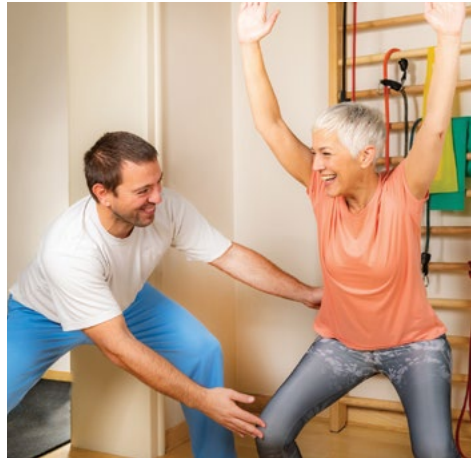
**Increasing your strength and flexibility:** It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal

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

## EXERCISE ESSENTIALS

TRY THIS EXERCISE TO STRENGTHEN GLUTES.

### HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

 FYZICAL  
www.fyzical.com



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

## ARE YOU IN PAIN?

# 25% OFF

IN-OFFICE PRODUCT OF THE WEEK

To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



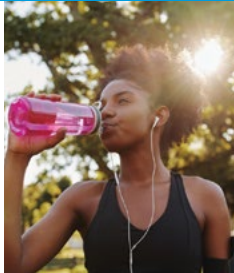
## CALL FOR MORE INFO TODAY



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

## STAY HYDRATED! 4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.



- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H<sub>2</sub>O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

## PROTEIN PB & J SMOOTHIE BOWL



### INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

### DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

# HAPPY FATHER'S DAY!

Happy Father's Day  
from your FYZICAL  
New Orleans and  
St. Bernard team!



## PATIENT SUCCESS SPOTLIGHT!



***My pain is pretty much gone and I am able to walk!***

*"I was experiencing significant back and hip pain which interfered with walking, sleeping, and gardening. I was very frustrated with being so inactive. Sydney developed an excellent treatment plan which was easy to follow so that I could practice at home. After 6 weeks, my pain is pretty much gone and I am able to walk, do yoga, and best of all, garden. I so appreciate the help I have received. Everyone has been so pleasant." - Nancy H.*



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

### NEW ORLEANS CLINIC

504-861-4693

### ST. BERNARD CLINIC

504-277-6052

[www.fyzical.com/new-orleans](http://www.fyzical.com/new-orleans)

[www.fyzical.com/st-bernard-la](http://www.fyzical.com/st-bernard-la)