

Physical Therapy *News*

From Your friends at Northshore FYZICAL Therapy & Balance Centers

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FYZICAL Therapy
& Balance Centers



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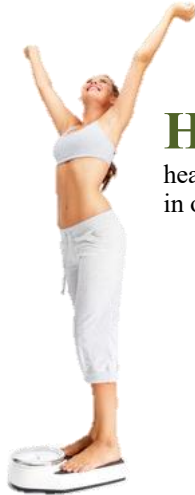
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Healthy Living Formula

Having a healthy life is easier these days with the availability of food supplements and healthy drinks. However, is that all we need? Of course not! Achieving optimum health in our lives requires discipline and hard work. But we can start in simple and small ways.

- While sitting in front of the computer or television, try to take frequent breaks simply by standing up and getting on your feet. If you can browse your computer while standing, do it as much as possible. If you are watching TV, do not stay seated during commercials or breaks. Try to move around and do something until the advertisement ends.
- Get on your feet for an hour or two a day to decrease cholesterol levels and blood pressure. You can do this easily by standing up and moving around whenever you have the opportunity.
- Try to walk around while in a conversation, especially if you're on the phone. Move around your house whenever possible. You can already consider this as exercise. Avoid being immobile as much as possible.
- When using a car, park a bit further than usual from a building's entrance so that you will be forced to walk. Resist parking closer to the entrance. You will hardly notice that you are already exercising.
- While waiting for someone, move around. If you can stand up while waiting, do so.
- Sleep for at least 7 continuous hours. This will prevent your metabolism from slowing down.
- Eat whenever you feel hungry or in smaller parts every 2 hours. Eating smaller portions is better than having 3 big meals a day. Fruits, vegetables and fish are the healthiest foods you can eat. They provide the most nutrients to your body. Avoid eating junk foods.
- Drink lots of water. Avoid sodas.
- Refrain from smoking and excess drinking. Focus on the health benefits that you will gain.
- Relax once in a while and de-stress. Try meditation, yoga or other relaxation techniques that will make you feel happy and calm.

The aforementioned are just simple ways to start living a healthy lifestyle. Once you have adjusted to these healthy habits, challenge yourself by doing something more complicated.

Food for Healthy Skin

A sexy figure does not really mean that a person is healthy. Having smooth and healthy skin is equally important. Choosing the right food will help you have a healthy body inside and out. The saying "you are what you eat" is true, and we must be careful about the food we eat. Everything that enters your mouth should be beneficial to your health.



Food for Healthy Skin

Below are some of the foods that can help you have healthy skin:



- **Antioxidant-rich foods.** Antioxidants help prevent diseases. Examples of these are citrus fruits, berries, red and yellow peppers, tomatoes and their juice, pineapple, cantaloupe, mangos, papaya, guava, dark green vegetables like spinach, asparagus, green peppers, Brussels sprouts, broccoli and watercress.
- **Vitamin E-rich foods.** This vitamin protects against cardiovascular diseases by preventing plaque formation in the arteries. Olives, soybeans, corn, cottonseed and safflower, nuts, seeds, whole grains, wheat, brown rice, oatmeal, soybeans, sweet potatoes, beans, lentils, split peas, and dark leafy green vegetables are foods rich in Vitamin E.
- **Selenium-rich foods.** Selenium is a trace mineral that plays a role in ensuring the health of skin, hair and nails. It increases skin elasticity which cuts down flaky scalp problems. Food like Brazil nuts, brewer's yeast, chicken, eggs, low-fat dairy products, garlic, molasses, onions, salmon, seafood, tuna, wheat germ, and whole grains are rich in selenium.

- **Beta-Carotene-rich foods.** While beta-carotene is best known as a predecessor to vitamin A in the body, this vitamin is effective against harmful free radicals. Examples of foods rich in beta-carotene are broccoli, kale, spinach, sweet potatoes, carrots and apricots.

Most of these foods can easily be found in markets. Always remember that everything you eat is healthiest in moderation. Anything that you take less or more than what is required can harm you instead of help you. Eating foods that are healthy for the skin is good, but don't forget to concentrate on a healthy overall diet as well. Taking care of the whole body by eating the right foods and doing the right exercise is still the best way to be healthy.

Start achieving a healthy lifestyle today.

Being Healthy and Stress-Free

Being healthy is not only about having a perfect body and a perfect diet. It also means having a stress-free lifestyle. Yes, having problems is stressful, and problems are part of being alive. But how you handle the stress caused by these problems is the key to possessing a stress-free lifestyle. Stress management is the best way to becoming free of constant worry.

Stress is a normal psychological and physical reaction to the increasing demands of life. At some point, you will experience stress. When you are stressed, your brain is alarmed and will send signals to your body to release hormones that fuel your capacity to respond. This is the "stress or worrying stage." You will only become relaxed once these hormones return to normal levels. Being disciplined and handling stress properly will help you become healthy. Do not let stress affect your health, relationships and quality of life. Start practicing stress management techniques today.

Physical Therapy for Your Core

If you don't know how to handle stress, start by having a positive mindset. Expose yourself to positive people. Having pessimistic friends will not help you handle stress, and will instead impose a negative environment on you and make your situation worse. Worrying nonstop about things that you cannot control will only add to the stress you already have. Thinking about your problems unceasingly will also add to your stress. Unwind by going to a place where you can relax. A mall or a church might be helpful. Maybe going to a quiet place where you can think things over will be enough. Try to attend a retreat and connect yourself with God. You may turn out a different person afterward. Spending time with people who inspire you can also help reduce your stress. Surround yourself with happy and contented people. Being happy is contagious. So be happy, and the people around you will be happy, and vice versa. Learn to appreciate little things that you receive each day. It will help if you share not only your problems with your loved ones, but also the blessings that you receive every day.

When it comes to physical relaxation, having a body massage will help. Relaxing the body through massage is a great way to remove stress because stress can cause unnecessary body pains. Consult a physical therapist about having a great massage that will remove your stress.



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Book your
appointment today!

How to solve Sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

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|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 8 | 5 | 3 | 7 | 4 | 2 | 1 |
| 7 | 4 | 3 | 1 | 2 | 9 | 8 | 5 | 6 |
| 1 | 5 | 2 | 6 | 8 | 4 | 9 | 7 | 3 |
| 8 | 3 | 9 | 2 | 1 | 6 | 7 | 4 | 5 |
| 4 | 7 | 1 | 8 | 9 | 5 | 6 | 3 | 2 |
| 2 | 6 | 5 | 4 | 7 | 3 | 1 | 9 | 8 |
| 5 | 2 | 6 | 9 | 4 | 8 | 3 | 1 | 7 |
| 3 | 8 | 4 | 7 | 5 | 1 | 2 | 6 | 9 |
| 9 | 1 | 6 | 7 | 3 | 6 | 5 | 8 | 4 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | | | | | 1 | 6 | |
| | 9 | | 1 | 7 | 4 | 8 | | |
| | | | 8 | | | 9 | | |
| | | 1 | 3 | 7 | | 5 | | |
| 2 | | | 5 | 6 | | | | |
| | 4 | 7 | | | 2 | 6 | | |
| 3 | | | 4 | 8 | 9 | | | |
| 9 | | | | | | | 4 | 7 |
| | | | | | 3 | | | |