



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

Can Healthy Eating & Exercise Really Improve Your Immune System?

These Two Simple Things Can Hugely Boost Your Health!



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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Can Healthy Eating & Exercise Really Improve Your Immune System?

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It's no secret that making healthy choices, such as eating right and staying active, will help you maintain a healthier lifestyle. But did you know that there are two actions that can impact how your immune system functions, and how well you fight off infectious disease?

In the ongoing struggle against Covid-19, immune system health has never seemed more important. If you're interested in strengthening your immune system, contact us at Fyzical Therapy & Balance Centers today.

Here, you will have access to individualized exercise programs and relevant nutritional advice that is based on your specific needs. Our clinic is committed to providing the best possible service to our patients, to ensure you leave Fyzical Therapy & Balance Centers feeling better than when you arrived.

So, how does my immune system work?

Many factors determine how well your immune system works, such as diet, like sleep, exercise, whether you smoke, and stress.

While a proper diet that consists of necessary vitamins and minerals certainly helps your immune health, be wary of claims that a single food or drink is an immune system booster.

The reality is that your body depends on a combination of many lifestyle factors to fight off infection and disease.

What does a proper diet look like, and why is it important?

All the cells in your body, including your immune cells, require certain nutrients to function properly. These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth.

A few examples of the nutrients and vitamins that support immune health include:

- Vitamin C
- Vitamin D
- Zinc
- Selenium
- Iron
- Protein

A physical therapist can help you craft a diet that is rich in these vitamins and nutrients or help connect you with a dietician in your area. However, if you're interested in improving your diet at home first, here are a few examples of healthy diets to help you get started.

- **The Mediterranean Diet.** This fish-heavy diet is rich in Omega-3 fatty acids. It's also high in plant-based fats like olive oils and nuts and is great for heart disease prevention.
- **A Probiotic-Rich Diet.** This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This diet is excellent for gut health.
- **The DASH (Dietary Approaches to Stop Hypertension) Diet.** This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.

On the other hand, diets that are limited in nutrients and vitamins can harm an otherwise healthy immune system. One study published in Harvard Health showed that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E negatively affect immune responses.

If you live in an area that doesn't have access to certain healthy foods, consider taking a multivitamin to lend your immune system extra support, but it's a good idea to double-check with your doctor first before taking new supplements.

HOW DOES EXERCISING IMPACT MY IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to proactively care for your immune system. As you likely know, diet and exercise are two of the most crucial parts of healthy living.

Your entire body, including your immune system, functions better when it is supported with proper nutrients and regular physical activity.

During your first appointment with a physical therapist, you may be asked to complete a few exercises or movement patterns to help your therapist identify your current fitness level. This intake appointment can also alert your therapist to any weakened areas of your body that may be causing you pain.

You will then be prescribed a personalized exercise routine that aligns with your body and your fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Contact Fyzical Therapy & Balance Centers today to get started!

By now, you may have decided that it's time to start improving your immune health. If this is the case, know that at Fyzical Therapy & Balance Centers, we are dedicated to helping you achieve this goal.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better. Contact Fyzical Therapy & Balance Centers today!

Sources:
<https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://medlineplus.gov/ency/article/007165.htm>



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We Want To Hear From You!

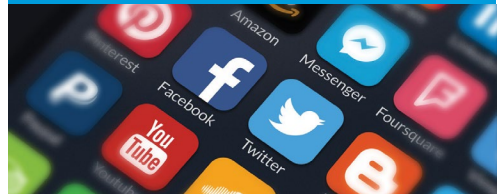
We want to hear your success story! Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!

"I was in so much pain day in and day out, but after coming here, it essentially went away. Very impressed with the knowledge and genuine care they bring. They gave me tips and life changing advice to help relieve the pain if it ever started back up again. I just cannot thank them enough."

5-Star Google Review



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On Social Media!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!

 [@FYZICALinProvo](https://www.facebook.com/FYZICALinProvo)

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5 Health Tips For The New Year



Shop Well For Yourself. It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Schedule Your Exercise. Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Hydrate. Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

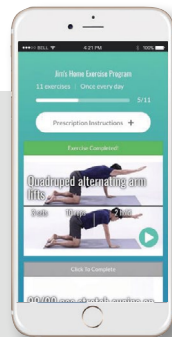
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Personalized Home Exercise Program

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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3303 North
University Avenue
Provo, Utah 84604
(801) 373-7438

Lehi Address:
3401 North Center
Street Suite #200
Lehi, Utah 84043
(385) 309-1951

Orem Address:
360 South State
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Orem, Utah 84058
(801)-850-9146

Ogden Address:
1221 E 5800 S
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84405
(801) 476-2000

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