



FYZICAL[®]
Therapy & Balance Centers



FEBRUARY, 2021

NEWSLETTER

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MOVE IT OR LOSE IT IMPROVE ACTIVITY & BALANCE

INSIDE:

- Ways To Increase Activity
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg

CALL IN & WIN!

Search for the correct amount of hearts and their locations in this newsletter for a **FREE MONTH** of access to our independent gym or pool.

DETAILS INSIDE





STAYING ACTIVE & BECOMING BETTER BALANCED



CHALLENGE YOUR MIND FIND THE HIDDEN HEARTS

There are a million and one tips that are passed down from generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

Mental and Physical Balance. Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them — work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead, it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.



Challenge your mind! Search for the correct amount of hearts placed in this newsletter.



Call in with the locations of the hidden hearts and be entered into a drawing for a **FREE MONTH** of access to our **independent gym or pool**.

Alongside the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

WAYS TO INCREASE ACTIVITY

In addition, taking steps to ensure that you are getting a full night of rest, that you are exercising regularly, and that you are eating a healthy diet are all strong components to ensuring you are well-balanced. Think about the percentage of time that you spend working during the week. For most people, this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about. Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

It's Never Too Late. You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. There are plenty of ways to incorporate light activity into your lifestyle, such as:

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in lightweight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. If you feel that your physical health or an old injury is holding you back from being active, contact us. [Working with a physical therapist can help you achieve improved balance and a healthy lifestyle.](#)

CONTACT US AT (217) 345-2345!

STRAWBERRY-CHOCOLATE GREEK YOGURT BARK

INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips



DIRECTIONS

Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving. Equipment: Parchment paper



FIT-FACTOR QUESTIONNAIRE

Benchmark your physical health with The Fit-Factor and stay on track to live an active and pain-free life.



Complete The Survey To Learn How Your Physical Health Compares:

Visit <https://fitfactorsurvey.org/?lxyzbz> or scan the above QR code.

The research and development for The Fit-Factor Project began in 2013 by a group of physical therapists in Rhode Island representing the American Physical Therapy Associations, Private Practice Section. The goal was to develop an on-line resource people could trust to assess and learn about their physical health.

The project developed into an on-line survey people could do in their own home, assessing all aspects of physical health. Questions ranging from a person's exercise habits and their ability to participate in everyday activities and leisure activities, to interactive self-screening tests on balance, strength and flexibility result in a Fit Factor score categorizing people into 6 levels of physical health. Educational videos provide a vast amount of information and tips including injury prevention, exercise, posture, development of strength, flexibility and balance.

The Fit-Factor is designed to be repeated over time, so people can continue to self-assess and take ownership of their physical health.

PATIENT SUCCESS SPOTLIGHT

“When I started I was having trouble with dizziness. The therapy has completely stopped my dizzy spells. The exercises helped with my stiffness in my neck. The therapist was very gentle and thorough. They helped with all aspects of my problems.”
- John S.



FEBRUARY IS HEART HEALTH AWARENESS MONTH

Tips For Better Heart Health!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** Aim for 30 minutes a day, 5 days a week of moderate exercise.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



Exercise To Do At Home

Stretches Neck

FORWARD NECK TUCK

Sit with good posture then place one hand behind your head and slowly pull your head in the direction of your armpit. Hold for 15 seconds and repeat on each side as needed.



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

Well, we are moving forward with the vaccination plans. The first one was rough and felt almost worse than COVID itself. (although did not last as long).

I was hopeful that this year would be a fantastic year considering how we all suffered with the COVID threat last year.

With vaccine moving forward and my wife's last surgery appearing to be successful it appeared that prediction was coming slowly true. Then 2020 spilled over into 2021 and left another reminder of what a challenging year 2020 was. Our new puppy was to have long hair but that turned out to be too much. I was brushing daily but it appeared once I finished one side he would shake his head and suddenly matted fur would show up as if by magic. And like the myth of the hydra, once I would slay one matted spot 2 would appear in their place. So enough was enough and out came the scissors. He is much happier as are we.

On top of that, my wife broke her ankle! Poor thing has had plenty to deal with, but like Job, we will endeavor to persevere. She is keeping the faith that is the case. That's



my story and I am sticking to it. May we all do the same through the rest of COVID.

