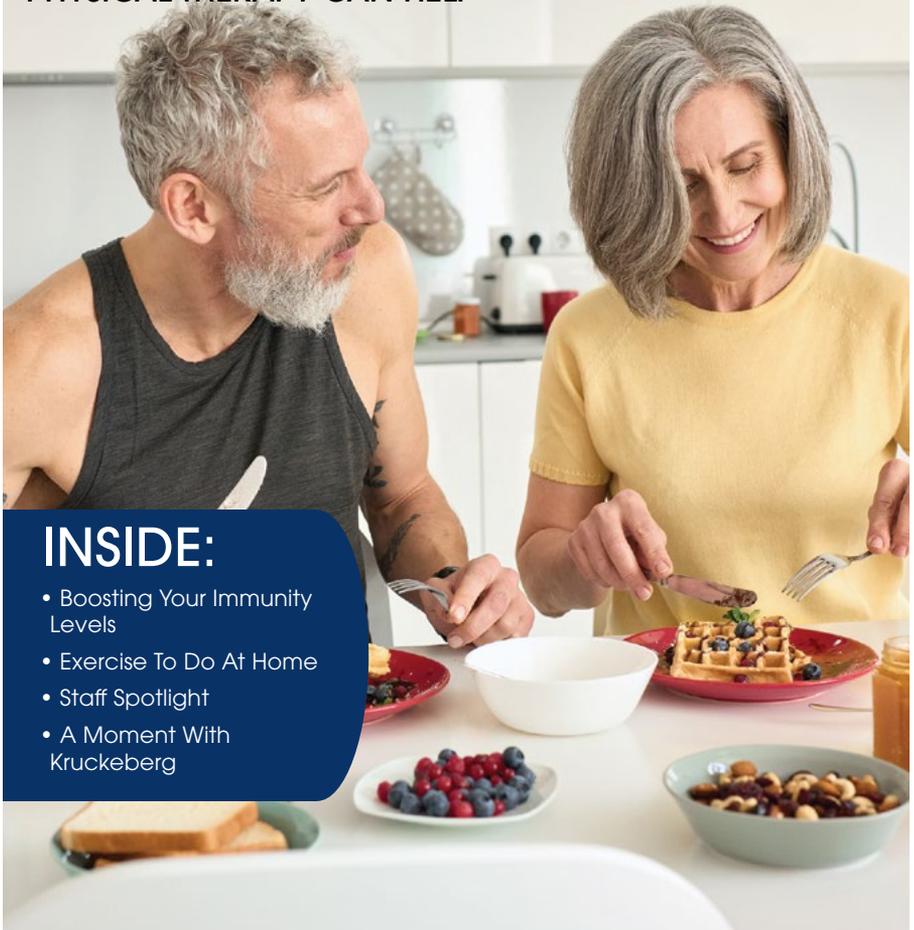




BE A HEALTHIER VERSION OF YOURSELF IN THE NEW YEAR

PHYSICAL THERAPY CAN HELP



INSIDE:

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- Exercise To Do At Home
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YOUR NEW YEAR COULD LOOK A LOT HEALTHIER



We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes! It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, FYZICAL is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track for 2022!

Stretches and exercises for improved health. When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time. FYZICAL physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger and increase their flexibility, stability, and stamina.

Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic activities. Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength training exercises. Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

Dynamic stretching techniques. These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion and gradually increases in height with each pass.

It's essential to know your limits when it comes to your range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

There are more ways stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Improves flexibility
- Helps to heal and prevent back pain
- Can calm your mind
- Helps decrease tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increases blood flow to your muscles

BOOSTING YOUR IMMUNITY LEVELS

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear. Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

How FYZICAL can help. Our therapy clinic provides several helpful services at our clinic that can aid in your recovery journey! Some of the ways we treat our patients in need are as follows:

- Therapeutic exercise
- Occupational therapy
- Physical therapy
- Neurorehabilitation
- Fall prevention
- Aquatic therapy
- Dry needling
- Electrical stimulation
- Iontophoresis
- Manual therapy
- Kinesio taping

CREAMY CHICKEN & WILD RICE SOUP



INGREDIENTS

- 2 tbsp olive oil
- 1½ lbs boneless chicken thighs
- 2 (8 oz) packages sliced mushrooms
- 1 (32 oz) carton reduced-sodium chicken broth
- 2 cups water
- 1½ cups thinly sliced leeks
- 1½ cups ½-inch sliced celery
- ¾ cup uncooked wild rice
- ¾ tsp salt
- 1 (12 oz) package soft, tofu
- 1 cup low-fat milk (1%)
- ¼ cup all-purpose flour
- 1 tbsp fresh thyme leaves

DIRECTIONS

In a 12-inch skillet heat oil over medium-high. Add chicken; cook 6 minutes or until browned, turning once. In a 6-qt. slow cooker combine chicken, mushrooms, chicken broth, water, leeks, celery, wild rice and salt. Cover and cook on low 6 hours or high 3 hours. Remove chicken from cooker. Coarsely shred chicken using two forks. If using low setting, turn to high. In a blender combine the tofu, low-fat milk, flour and thyme leaves. Cover and blend until smooth. Stir into mixture in cooker. Cover and cook 30 minutes more or until thick. Stir in shredded chicken.



If you're searching for a way to bring in the new year right, you can start by scheduling to have your physical health assessed by one of the excellent movement specialists here at our clinic! We're here to support you every step of the way. Your symptoms and condition will be taken into account, and a customized treatment plan will be created to help you feel your absolute best as 2022 begins!

Let us help you bring in the new year right. The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! **If you're interested in learning more about how you can put your health first once and for all, contact FYZICAL today for more information.**

Sources: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

<https://www.healthline.com/health/benefits-of-stretching#types>

CONTACT US!

MATTOON: (217) 345-1245

SULLIVAN: (217) 728-8100

3 HEALTH TIPS FOR

THE NEW YEAR

1. 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.



2. 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.

3. 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.

STAFF SPOTLIGHT: VICTORIA MOLZEN

“Hi, I am Victoria Molzen! I am the new Office Manager of FYZICAL of Central Illinois in the Mattoon office. I am married and have four children - two are married, one is out and about and one is at home yet. I have been a Coles County resident for 40 plus years and enjoy my home in Mattoon. I love to go eat pizza(and cake) however I really enjoy working out at the gym and walking! I attended Lakeland College and have an Associate Degree in Applied Science in Mechanical and Electrical Technology. I previously worked at APL engineering for 17 years. I began my career with FYZICAL in October 2021, and am looking forward to meeting all the patients!”



A MOMENT WITH KRUCKEBERG



What Is Going On In America ?????
by Dave Ramsey

I agree that this sums it up - Dick.....
David Lawrence Ramsey III (born September 3, 1960) is an American personal finance advisor, radio show host, author, and businessman. He is an evangelical Christian, and hosts the nationally syndicated radio program The Dave Ramsey Show.)

Dave Ramsey wrote:

This morning, I realized that everything is about to change. No matter how I vote, no matter what I say, lives are never going to be the same. I have been confused by the hostility of family and friends. I look at people I have known all my life so hate-filled that they agree with opinions they would never express as their own. I think that I may well have entered the Twilight Zone. You can't justify this insanity. We have become a nation that has lost its collective mind. We see other countries going Socialist and collapsing, but it seems like a great plan to us. Somehow it's un-American for the census to count how many people are in America. People who say there is no such thing as gender are demanding a female President.

Universities that advocate equality, discriminate against Whites and Asian-Americans in favor of African-Americans. Some people are held responsible for things that happened before they were born, and other people are not held responsible for what they are doing right now. Criminals are caught-and-released to hurt more people, but stopping them is bad because it's a violation of THEIR rights. People who have never owned slaves should pay slavery reparations to people who have never been slaves. After legislating gender, if a dude pretends to be a woman, you are required to pretend with him. People who have never been to college should pay the debts of college students who took out huge loans for their degrees. Immigrants with tuberculosis and polio are welcome, but you'd better be able to prove your dog is vaccinated. Irish doctors and German engineers who want to immigrate to the US must go through a rigorous vetting process, but any illiterate gang-bangers who jump the southern fence are welcomed. If you cheat to get into college you go to prison, but if you cheat to get into the country you go to college for free. And, pointing out all this hypocrisy somehow makes us "racists"! Nothing makes sense anymore, no values, no morals, no civility and people are dying of a Chinese virus, but it is racist to refer to it as Chinese even though it began in China.

We are clearly living in an upside-down world where right is wrong and wrong is right, where moral is immoral and immoral is moral, where good is evil and evil is good, where killing murderers is wrong, but killing innocent babies is right.

Wake up America. The great unsinkable ship Titanic America has hit an iceberg, is taking on water and sinking fast.

Exercise To Do At Home

Strengthens back

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.

SimpleSet Pro
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

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FYZICAL[®]
Therapy & Balance Centers