



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

AUGUST, 2021



**INCREASE YOUR ENERGY BY
GETTING UP AND MOVING TODAY!**

INSIDE:

- How Can I Get Moving?
- Win a FREE Movement is Medicine T-Shirt!
- KC's Corner
- Come Check Out Our Balance and Core Classes!



MOVEMENT IS MEDICINE!

INCREASE YOUR ENERGY BY GETTING UP AND MOVING TODAY!

Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact FYZICAL Travelers Rest today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.



(864) 834-4995





HOW CAN I GET MOVING?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving
2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.

6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At FYZICAL Travelers Rest, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. **If you are looking for assistance in living a more physically active life, contact us today.**

DO YOU FEEL SLUGGISH OR FATIGUED? GIVE US A CALL TODAY! (864) 834-4995



KC'S CORNER



Hey everyone! I hope you all are having a wonderful summer with friends and family! The past year has been tough on everyone so it's nice we can finally all be up and moving again! It's so important to exercise, stretch and move around at least a little every day! I know it's been hot outside recently so I've enjoyed going to the lake to swim, taking hikes in the morning and running around in the backyard a little with my friends! It seems like everyone is busy but there are so many ways to keep active while you're busy! If you don't know where to start, our physical therapists can help you come up with an exercise plan and stretching catered to you specifically! Give our office a call to get scheduled for an appointment, happy summer everybody!

BALANCE ISSUES?



We offer classes in our office that can help with a balance and strengthening! The classes are small, no more than 6 people. They are based on individual needs and goals, meaning not everyone is doing the same things. This means while having the benefit of being in a class setting you still get an hour of essentially personal training!

We focus on overall strength and conditioning, plus other goals in which you would like to see personal growth in! The main goal is to strengthen the core which helps with balance. Learning important stretches and balance exercises.

Susan is our personal trainer with over 27 years of experience certified in multiple aspects regarding health, the most recent being a certified Nutrition Coach! Her goal is to motivate and help folks understand the importance of exercise, strength training, and stretching so that they will exercise outside of the class and focus on good health and wellbeing.

- Improve Muscle Endurance
- Balance Training
- Increase Mobility
- Core Strengthening



PATIENT SUCCESS STORY



"I WOULD NEVER GO ANYWHERE ELSE FOR PT!"

"They are an amazing team! the moment I called and said I was in pain, Susan got me in to see Brett and I was better almost immediately. Tony is wonderful and caring, they are just the best because they care about you and helping you to get better. I would never go anywhere else for PT!"

-Valerie H

FRUIT SPARKLERS



Ingredients

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

Directions

Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.



Call In & Win!

FIND THE BEACH BALLS SCATTERED THROUGHOUT THIS NEWSLETTER AND CALL IN WITH THE CORRECT NUMBER OF BEACH BALLS TO BE ENTERED INTO A DRAWING FOR A FREE T-SHIRT. GOOD LUCK!