



7 WAYS TO BE HEALTHIER, STRONGER, AND MORE ACTIVE

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7 WAYS TO BE HEALTHIER, STRONGER, & MORE ACTIVE

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. Our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact us today to find out more about how our services can help you live a healthier, stronger, and more active life!

What does it mean to be healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:



1. **Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
2. **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. **Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
4. **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

(Continued Inside)

PHYSICAL THERAPY CAN HELP YOU BECOME MORE ACTIVE

- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How physical therapy can help you:

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements



to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Contact our clinic today to make an appointment

Our team would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
<https://academic.oup.com/ptj/article/95/10/1433/2686492>

KC'S CORNER



Hi friends, I hope the new year has been off to a great start for you! We love making sure all of our past and current patient's are where they need to be and living the life they love! If you need any help maintaining strength or balance, we are here for you. We hope you do not have to have surgery but if so we are here to help you prior and post surgery! Sports injuries, sprains, strains, arthritis, weakness, headaches, you name it and we can probably help you out! Let's have 2022 be our happiest and healthiest year yet!



Valentine's Day Word Search

G	Q	K	Z	D	H	T	G	K	K	M	P
O	W	O	H	Y	M	R	I	O	N	Y	J
I	Y	G	W	B	Z	A	F	X	J	I	O
E	R	M	S	S	C	E	T	K	P	G	P
T	A	R	W	H	C	H	E	O	F	Z	N
A	U	Z	L	L	C	T	R	S	R	R	C
L	R	X	O	D	S	E	F	Z	I	I	U
O	B	V	Y	J	G	E	Y	I	E	L	P
C	E	H	Q	Y	X	W	D	O	N	K	I
O	F	P	M	I	P	S	N	I	D	Z	D
H	O	O	D	Z	T	J	A	E	I	V	R
C	V	J	K	M	N	R	C	C	F	D	X
E	N	I	T	N	E	L	A	V	X	R	B
A	S	J	S	K	O	M	J	E	H	A	G
S	R	O	L	D	D	X	T	M	H	C	Z
G	H	K	Z	R	E	D	H	U	G	F	Z

FEBRUARY	HUG	SWEETHEART
RED	VALENTINE	CANDY
FRIEND	KISS	CUPID
HEART	GIFT	LOVE
CHOCOLATE CARD		PINK



VALENTINE'S DAY WHITE CHOCOLATE SMOOTHIE



INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc.). Blend until smooth. Pour into glasses and top with fresh berries.

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

COME BACK TO PT!

Call to schedule an appointment.

(864) 834-4995



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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!



Patient Success Spotlight



"The pros at Brett Russell's physical therapy in Traveler's Rest have kept me mobile for a long, long time. I'm grateful for their kindness and excellent attention to giving the proper and gentlest treatment to revive my arthritic worn-out bones and muscles. Also a place to spend a pleasant hour working toward more independence!" - **Ann T.**

Exercise Essentials

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly.

Helps relax your whole body

Exercises copyright of
SimpleSet Pro
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REGULATES BREATHING



HAPPY VALENTINE'S DAY FIND THE HIDDEN HEARTS



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