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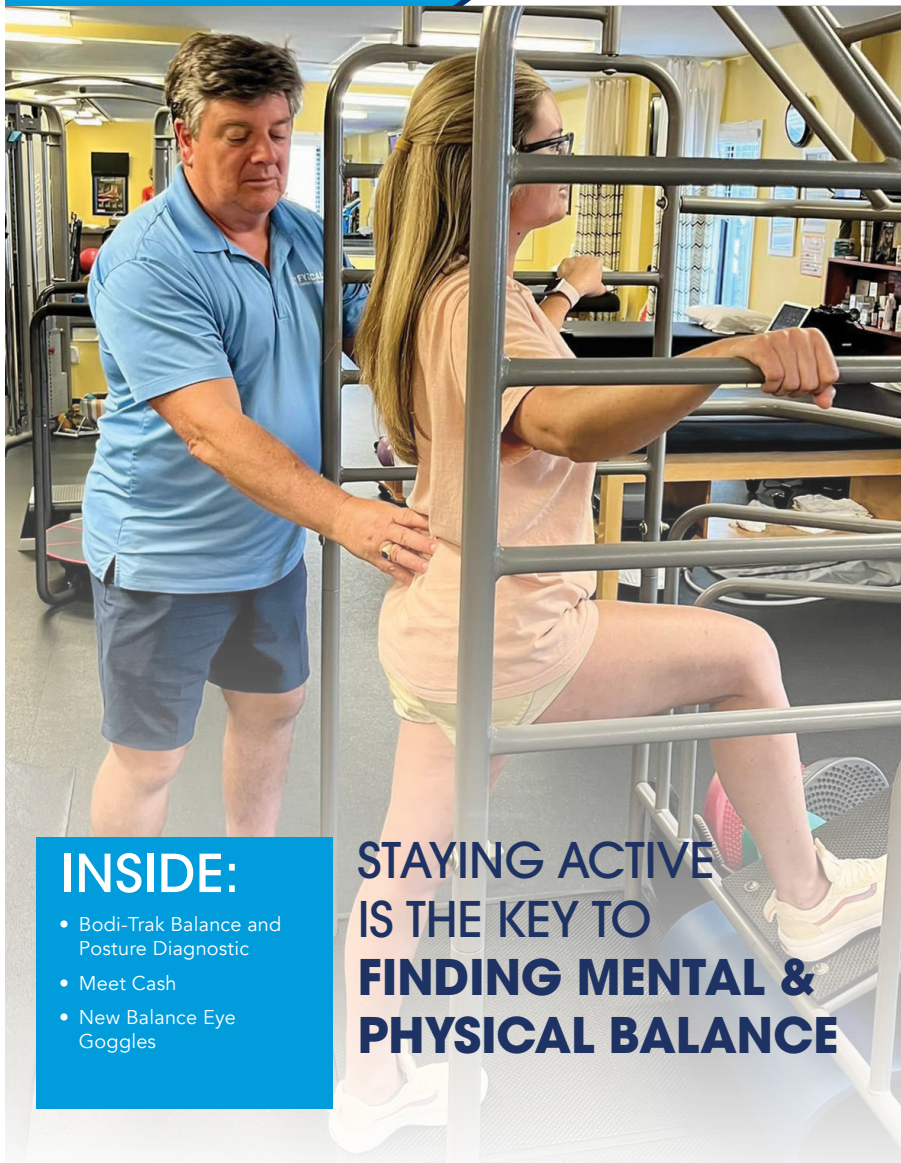
FYZICAL[®]

Therapy & Balance Centers



JULY, 2022

NEWSLETTER



INSIDE:

- Bodi-Trak Balance and Posture Diagnostic
- Meet Cash
- New Balance Eye Goggles

**STAYING ACTIVE
IS THE KEY TO
FINDING MENTAL &
PHYSICAL BALANCE**

THE



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JULY, 2022

NEWSLETTER

STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. FYZICAL Traveler's Rest is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

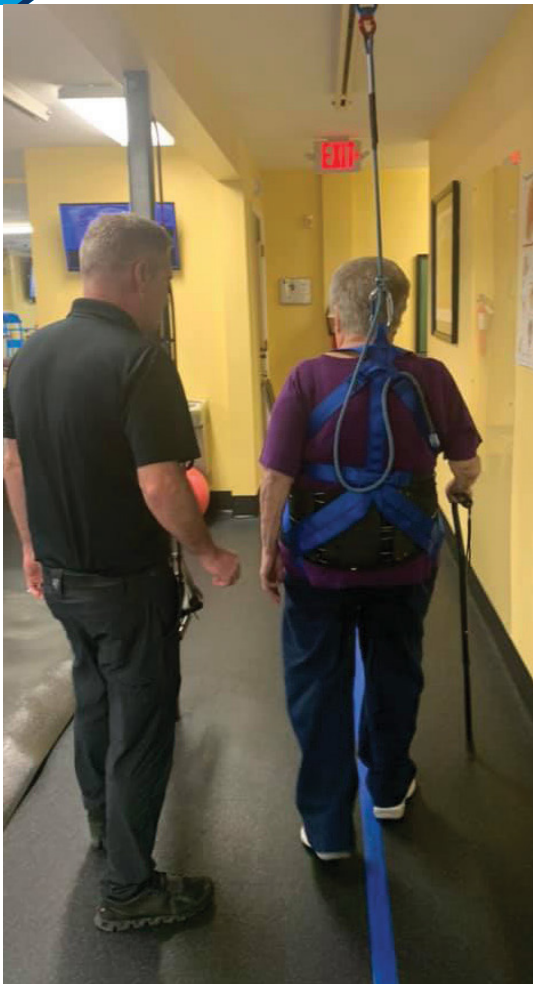
The good news is that with guidance from FYZICAL Traveler's Rest physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

Mental and physical balance

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms 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.



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HOW CAN YOU FIND MENTAL AND PHYSICAL BALANCE?

You can improve your physical balance by:

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

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

How physical therapy can help you keep your balance

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

1 Exercise. Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

2 Sleep. Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

3 Nutrition. Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

4 Community and Relationships. Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

5 Relaxation and Recreation. In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Contact our clinic today

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at FYZICAL Traveler's Rest can help you achieve improved balance and a healthy lifestyle.

Sources:

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BODITRACK



Come check out our new Bodi-Trak to learn about your balance and posture today! Call our office with any questions or come in and check it out for yourself!

The BodiTrak, also known as pressure mapping, gives us the ability to identify our primary source for maintaining our balance. While we are suppose to be able to use our eyes, inner ear (vestibular system), and our feet interchangeably to maintain balance for all activities and situations, we usually start to rely on one of these systems more than the others. This happens especially as we develop eye issues, neuropathy, concussions, hearing loss, or even a vestibular loss. The BodiTrak will show us the issues and help us to know an exercise program designed specifically for you to recover the quickest! We can help you avoid falls, reduce pain, reduce the risk of injury or build strength to improve your balance issues. We are here for you every step of the way!

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NEW BALANCE EYE GOGGLES



Infrared Video Goggles: Because our brain tells our eyes to stabilize in the light, it is very helpful to be able to know what they will do in the dark. The IVOG goggles are hooked up to the computer and allows the therapist to see the eyes clearly on the big screen TV! The goggles can help us see if your eye changes direction, fatigues, or stabilizes in light. All of these indicate whether the eye is a central issue causing imbalance, falls, dizziness, vertigo and so much more than you'd think! If it indicates a BPPV, it allows us to determine which of the 6 semicircular canals it is in and where it is located in that canal. For any vertigo or even unsteadiness in the elderly, the goggles assist the therapist to understand what is going on and how proceed with a treatment plan specific to the patient!

HEALTHY RECIPE SKINNY ORANGE CREAMSICLES



- 2 cups unsweetened Greek yogurt
- 1 cup pineapple chunks
- 1 navel orange, peeled
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

Level It Up: Blend in spinach for a boost of greens.

Patient Success Spotlight



"Can't receive better personal attention to physical problems."

"This was my second trip to Russell Fyzical. I'm 75 years old. Can't receive better personal attention to physical problems. My issues were in the back and hamstring areas. Brett Russell is a "hands-on" manager who takes an interest in every patient. Hannah was my trainer for 6 weeks. She developed a program that gradually brought me to a point where I was able to successfully perform the exercises at home. I know I am always welcome if future issues occur." – **Paul S.**

CASH'S CORNER



Hey guys, I hope you don't mind but KC let me know it was okay with her that I fill in to keep all updated! Things in the office haven't been the same but we are all appreciative from the love and support you've given upon the loss of our sweet KC, we will continue to move forward as a family! We would love for you to schedule with us for any balance issues you may be having but also any other strains your body may be dealing with. We offer Dry Needling and Deep Tissue Laser Therapy to help with all kinds of issues; you wouldn't believe it until you tried it! Come see us today :) – **Cash**



FREE DRY NEEDLING

WIN A FREE SESSION OF DRY NEEDLING!

"If you leave us a Google Review, you will be entered into our raffle!"

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!

