

# NEWSLETTER



## 7 WAYS YOU CAN BECOME HEALTHIER, STRONGER, & MORE ACTIVE

2022

7 Tips You Can  
Do On Your Own

Exercise Of  
The Month

Community  
Spotlight



## 7 WAYS YOU CAN BECOME HEALTHIER, STRONGER, & MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Albanese Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

### YOUR HEALTH AND YOU:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. 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.

### INCREASING YOUR STRENGTH AND FLEXIBILITY

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

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Scan the QR Code to visit our Google Review page and tell us how much you love Albanese Physical Therapy!



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# 7 TIPS YOU CAN DO ON YOUR OWN

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. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Albanese Physical Therapy for professional help.

## 2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

## 3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

## 4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

## 5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

## 6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

## 7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

## CONTACT ALBANESE PHYSICAL THERAPY TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Albanese Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!



### Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)



## EXERCISE OF THE MONTH BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position and repeat.



Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



## FEEL BETTER BY EATING BETTER

### SMOKY VEGAN CARROT BACON

- 1 large carrot
- 2 tablespoons maple syrup
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon liquid smoke
- 2 tablespoons olive oil

With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>

