



Total Care
physical therapy, p.c.

NEWSLETTER

Your Resource For Health, Wellness, And Caring For Your Body

www.TotalCarePT.net



HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Total Care Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

What It Even Means to “Be Healthy”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

Make an appointment today at TotalCarePT.net or call 908.739.6053

Simple Tips for Healthy Living from Total Care Physical Therapy

- **Get Enough Sleep:** A good night's sleep is one of the most important things you can do for your overall health. Lack of deep REM sleep has physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- **Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- **Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that’s varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods rather than restricting less healthy choices.
- **Stay Hydrated:** Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.
- **Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

Physical Therapy’s Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we’ll create a customized program that addresses your unique needs.

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

[CLICK HERE to book your appointment!](#)



SIMPLE STRATEGIES FOR INCORPORATING EXERCISE INTO YOUR DAILY ROUTINE

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don’t have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

5 Easy Tips for Sneaking in Physical Activity

- Park at the far end of the parking lot, so you have to walk a little further to get to the store.
- Take the stairs whenever possible.
- Do some stretches or core exercises while you’re watching TV.
- Go for a quick walk around your building during your lunch break.
- Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

Visit Total Care for More Tips!

Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient strength training routines, suggest daily mobility exercises, and help you set movement goals. We can also help you resolve any pain or other conditions that might limit your physical activity.

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/>; <https://www.who.int/about/governance/constitution>; <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

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IMPROVE YOUR NUTRITION IN 2024

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe in the cooler months. Garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients. Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time. When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with winter temperatures, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers? So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

EXERCISE OF THE MONTH

DYNAMIC HIP FLEXOR WARM UP

Try this warm-up exercise before your next workout.

Start by standing up straight with your arms straight by your sides. Step one foot forward slightly and place only your toes on the ground with your heel raised. Simultaneously raise both arms straight up over your head, push your hips forward, and lean back slightly. Step back and lower your arms. 3 sets, 10 reps, hold.



PT WIRED Always consult your physical therapist before starting new exercises.
www.ptwired.com

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