

SE HABLA ESPAÑOL



## **LIVE A HEALTHIER LIFE IN 2023**

### **INSIDE**

**ARE YOU TAKING CARE OF YOUR  
MENTAL HEALTH?**

**PATIENT SUCCESS STORY**

**SONIA'S CORNER**

*[OptimumPhysiotherapies.com](https://www.OptimumPhysiotherapies.com)*

**SCHEDULE AN APPOINTMENT TO  
FIND OUT HOW PHYSICAL THERAPY  
CAN HELP YOU BECOME HEALTHIER,  
STRONGER AND MORE ACTIVE!**



## **INSIDE:**

- Are You Taking Care Of Your Mental Health?
- Patient Success Story
- Sonia's Corner
- Optimum Physio Therapies FREE Workshops

## **HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER**

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. At Optimum Physio Therapies, 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 Optimum Physio Therapies today to find out more about how our services can help you live a healthier, stronger, and more active life!

**210-985-9498**

**7 Tips To Help You Be Healthier?** *Details Inside*

**Get Moving Today with Optimum Physio Therapies!**

***OptimumPhysiotherapies.com***

# 7 TIPS TO HELP YOU 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.
- 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

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Optimum Physio Therapies 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!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>; <https://academic.oup.com/ptj/>



## WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our Workshops page at [optimumphysiotherapies.com/workshop/](http://optimumphysiotherapies.com/workshop/) or just scan the QR code for more information on upcoming workshops.



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## ARE YOU TAKING CARE OF YOUR MENTAL HEALTH?

It's important to not only pay attention to your physical health, but also your mental and emotional health as well. S.A.D, or "Seasonal Affective Disorder" can really hit hard during the colder winter months. Many people find themselves feeling depressed, lethargic, and unmotivated to do the things they love.

A few things experts recommend that you do to improve your overall health are as follows:

1. Do something you're good at, such as journaling, reading, or some form of art.
2. Practice daily meditation.
3. Set up an appointment with a mental health specialist.
4. Regulate your sleep schedule.
5. Make sure you're maintaining a nutritious diet.
6. Schedule time every day to unwind and relax (such as taking a hot bath or shower!)

Let us help you bring in the new year right. If you're interested in learning more about how you can put your health first once and for all, contact us today for more information.

## SONIA'S CORNER BREAKFAST BOWL

### INGREDIENTS

- 1/4 cup of oat bran (or buckwheat)
- 1/4 cup of blueberries
- 1/2 cup strawberries
- 1/4 cup raisins
- 1/2 cup sliced bananas
- 1Tbsp. all natural peanut butter or almond butter
- 2 Tbsp hemp seed
- 2 Tbsp chia seeds
- 1 pinch of cinnamon
- 1 cup of water



Courtesy of Sonia



**DIRECTIONS:** In a medium saucepan, bring 1 cup water to boil. Reduce flame and mix in berries, oat bran and seeds, stirring often until desired consistency is reached. mix in raisins and cinnamon. Pour into bowl and add peanut butter or almond butter and top with banana. Add dash of almond milk or water to thin out oat bran if desired.

## PATIENT SUCCESS STORY!



"Amazing place for healing. They really listen and adapt their process to your needs, not just your schedule. I first met this team from a friend's recommendation. I have been to PT that's next to the Dr office. They were just going through the motions. Optimum Physio has been my go to for over a year. Not only did they help me for PT but I now attend their Wellness Fitness classes three times a week to help increase my overall fitness while watching and being mindful of my old injuries. I've never felt better about my physical health since I was first injured. I just signed up for another year of Wellness Fitness!" — Stephanie B.

We want to here your PT success story!

Scan the QR code to visit our review page and share your story. You could be someone inspiration to get the help they need.



## IS IT YOUR BIRTHDAY MONTH?



If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!



## THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**

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