



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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JULY 2024



IT'S TIME TO FEEL GREAT
PT's Health Benefits

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IT IS TIME TO FEEL GREAT! PT'S HEALTH BENEFITS



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 Recovery 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.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

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.”

SIMPLE TIPS FOR HEALTHY LIVING FROM THE RECOVERY PHYSICAL THERAPY PHYSICAL THERAPISTS

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Healthy Recipe

- 2. 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!
- 3. 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 to your meals rather than restricting less healthy choices.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. 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.
- 5. 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.

FIND GOOD HEALTH WITH RECOVERY PHYSICAL THERAPY!

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!



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Red, White, & Blue Patriotic Popsicles

INGREDIENTS

- 2 cups Greek yogurt
- 1 cup blueberries
- 2 cups strawberries
- 3 T honey, agave, or other sweetener (optional)

- Equipment: flat bottomed popsicle molds or small cups with flat bottoms, popsicle sticks & star-shaped ice cube tray mold

DIRECTIONS: Sweeten Greek yogurt to taste then fill the star-shaped ice cube mold with yogurt; freeze. Puree blueberries and strawberries separately. Assemble: Add a frozen white star to the bottom of each popsicle mold and top with a layer of blueberry puree; freeze. (The blueberry layer should be thicker than the other layers.) Once frozen, add a layer of yogurt. Place the popsicle stick into this layer; freeze. Add a layer of pureed strawberries; freeze. Follow the process with another layer of yogurt and strawberry puree. To serve, dip molds briefly into warm water while gently pulling on the stick.

EXERCISE ESSENTIALS

Standing March

Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.



6 TIPS FOR A HEALTHY DIET THIS SUMMER



Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

1. Swap out snacks for fruits and vegetables. Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish. Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.

3. Reduce your saturated fat intake. Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. Cut down on sugary drinks. Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

5. Drink enough water. Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

6. Don't skip breakfast. A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!



SHARE THE LOVE!

We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smartphone and leave a review for our practice to help us connect with the community!



PATIENT SUCCESS



I could not recommend Recovery Physical Therapy more! Before I found Recovery Physical Therapy, I had been having nagging low back and shoulder problems that none of the other physical therapists I had visited could remedy. They were the only place to properly diagnose and help me heal my injuries, which was a huge relief. Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available. They are the best!"

-M.R.

SCHEDULE YOUR APPOINTMENT TODAY!

