



# NEWSLETTER

WWW.THERAPYFITPT.COM

— 2021 —



# MAKE 2021 YOUR HEALTHIEST YEAR!

- 7 Tips You Can Do On Your Own
- Healthy Recipe
- Exercise Of The Month
- Patient Success Spotlight
- Tips For Heart Health





THE THERAPY FIT  
PHYSICAL THERAPY

— 2021 —

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## 7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND 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 Therapy Fit, 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



**FREE**  
PHYSICAL THERAPY  
**CONSULTATION**

**CALL (972) 587-9404 TO SCHEDULE TODAY!**

Spots are limited so call today!

Call to schedule.  
Expires 03-31-21

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.

**"ROUGHLY 54.4 MILLION U.S. ADULTS ARE DIAGNOSED WITH SOME FORM OF ARTHRITIS PER YEAR."**



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

## SCHEDULE AN APPOINTMENT BY CALLING 972-587-9404 TODAY!



## HEALTHY RECIPE

### WHITE CHOCOLATE RASPBERRY SMOOTHIE

#### INGREDIENTS

- 1 c milk of choice
- 1 tbsp white chocolate chips
- 1/2 c ice
- 1/2 c nonfat vanilla Greek yogurt
- Fresh raspberries for garnish
- 3/4 c frozen raspberries

#### INSTRUCTIONS

In a small microwave-safe bowl, heat white chocolate chips for about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

Recipe: <https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

## PATIENT SUCCESS SPOTLIGHT



### ***"This place practices often forgotten art of customer service at its highest form!"***

*"This place practices often forgotten art of customer service at its highest form! Well trained, professional and very courteous staff will patiently and thoroughly evaluate your conditions and provide a tailored menu of treatments for you to heal as quickly as possible. This place is a small shop, but it comes with the tremendous advantages associated with such settings. You are not just another number to milk cash from, but a live person in need of treatment to get well again in a most optimal manner. That's what separates this place from a run-of-the-mill operation. You are sure to get a professional, well-conceived plan of treatment that is tailored to you specifically. Recommended, with highest regards, and without any reservations!" - P.P.*

## EXERCISE OF THE MONTH



### Strengthens Glutes

#### HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

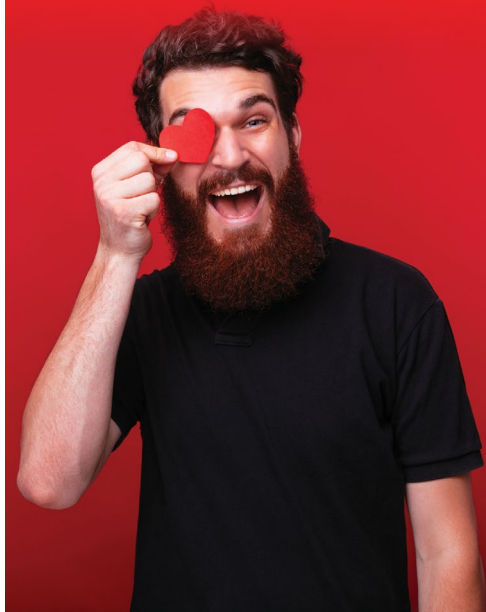


EXERCISE COPYRIGHT OF  
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*This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!*

## TIPS FOR HEART HEALTH

- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



## CALL US AT 972-587-9404 TODAY!

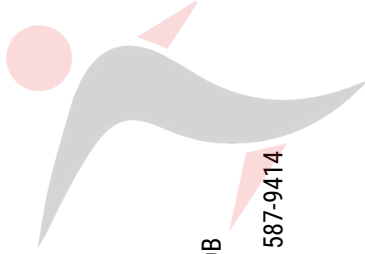




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[WWW.THERAPYFITPT.COM](http://WWW.THERAPYFITPT.COM)



**REFER A FRIEND**

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Who do you know that needs our help? Refer a friend or loved one to Therapy Fit! **Simply have them contact us at (972) 587-9404 or visit our site to schedule an appointment.** We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



**FREE PHYSICAL THERAPY CONSULTATION**