

HEALTH & WELLNESS



# NEWSLETTER

## SPRING INTO ACTION WITH BETTER SPINE HEALTH



KEEPING YOUR  
HEALTH IN MIND  
DETAILS INSIDE



### The Benefits Of Improving Posture & Core Strength

Understand how improving your posture can eliminate back pain.

### Healthy Recipe

Try this healthy recipe perfect for the spring!

### Tips To Prepare For Spring allergies

Follow these tips to prepare for spring allergies.

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CALL US TODAY 951-684-2874



# NEWSLETTER

## IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

### KEEPING YOUR HEALTH IN MIND

- Taking temperature of everyone coming in.
- Number of persons allowed in the waiting room are kept to a minimum.
- Following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.





## THE BENEFITS OF IMPROVING POSTURE & CORE STRENGTH

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the day and take frequent breaks. Work in standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time. It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries. Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physical therapist can help promote spine health:

**1. It encourages strength and flexibility.** If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

**2. It improves function for all activities.** When we think of posture, many of us picture an image of static positions - such as sitting at a desk or standing up straight. However, proper posture can be (and should be) incorporated into everything we do. Through physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your



favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

**3. It avoids harmful anatomical changes.** The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physical therapy treatments and learn how to maintain proper posture.

**Improve your posture with Marketplace Physical Therapy today!** Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist. **Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.**

## TRY THIS HEALTHY RECIPE! OATMEAL PEANUT BUTTER EGGS



### INGREDIENTS

- 2 ½ cups rolled oats
- 3 tbsps. pb2 (or any powdered peanut butter)
- ¼ cup maple syrup
- 1 tsp. vanilla
- 5 tbsps. almond milk
- 1 tbsp. peanut butter
- ¼ cup mini chocolate chips (optional)
- Sprinkles for decoration
- Plastic eggs

### INSTRUCTIONS

In a medium bowl mix dry ingredients and set aside. In a large bowl add maple syrup, vanilla, milk and peanut butter. Stir until mixture has been combined, add the dry ingredient to the large bowl and mix with hands. Once combined add chocolate chips and sprinkles. Place in plastic eggs and let set in the fridge for 1 hour. Once done, gently open them from the plastic eggs and decorate with sprinkles.

<http://www.savynaturalista.com/2014/04/15/healthy-oatmeal-peanut-butter-eggs/>



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# Tips To Prepare For **SPRING ALLERGIES**



TAKE ALLERGY SHOT



MONITOR POLLEN DAILY LEVEL



CHANGE AFTER EXPOSE



AVOID SYNTHETIC FABRICS



WEAR FILTER MASK



WEAR EYE GLASSES



SHOWER BEFORE BED



KEEP WINDOWS AND DOORS SHUT



EAT HEALTHY FOOD



ADD HONEY

