

HEALTH & WELLNESS



# NEWSLETTER

A photograph of a middle-aged couple in a kitchen. The man, with a grey beard and hair, is wearing a blue apron and is smiling broadly while holding a large knife over a cutting board. The woman, with blonde hair, is leaning in from behind him, smiling and resting her hands on his shoulders. They are surrounded by fresh vegetables like broccoli, bell peppers, and tomatoes on the counter. The background shows a white brick wall and wooden shelves.

## THE IMPORTANCE OF STAYING HEALTHY NOW

KEEPING YOUR  
HEALTH IN MIND  
DETAILS INSIDE



### Helpful Tips To Remain Healthy Post-COVID

Discover what you can do to continue good health post COVID.

### Exercises To Help Build Your Strength

Discover exercises to help build up strength.

### Continue To Live A Healthy Lifestyle

Follow this guide towards a more healthy lifestyle.

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CALL US TODAY 951-684-2874

# NEWSLETTER

## THE IMPORTANCE OF STAYING HEALTHY NOW

### 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.



## HELPFUL TIPS TO REMAIN HEALTHY POST-COVID

As the world is starting to get a handle on the coronavirus, we cannot stress enough how important it is to continue staying healthy now. While cases are slowly but surely dwindling, the virus is still very apparent. With businesses opening back up, we want our patients to be able to participate in the activities they enjoy – while also being safe and staying healthy! Our staff at Marketplace Physical Therapy has compiled a list of helpful tips to keep in mind as you venture back out into the world. If you have any questions, or would like further assistance, don't hesitate to contact us!

**1. Vaccinate, if possible.** If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and potentially spreading it to others. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when starting to get back into the activities you used to enjoy before the virus. At Marketplace Physical Therapy, we are happy to say that our staff is beginning with their vaccinations!

**2. Continue to distance as much as you can.** Even with cases dropping, it is still important to continue to keep your distance from others when you can. Going right back into crowds will cause cases to rise again, and it will increase your likelihood of contracting the virus. If businesses are open in your area, of course you should enjoy them if you feel comfortable – just continue to exercise caution around large groups.

**3. Wear that mask until the CDC says otherwise.** The Centers for Disease Control and Prevention still recommend wearing a mask when going out in public areas, and at Marketplace Physical Therapy, our staff will continue to wear masks until we hear otherwise. Masks work to keep not only you, but others safe as well by stopping the spread of germs. Get out and have fun but remember to always bring your mask with you!

**4. Exercise, exercise, exercise!** Physical activity keeps your body and immune system healthy! By exercising, you can make sure your body is strong enough to fight off any unwanted germs that may come your way. Additionally, exercise has proven benefits to both physical and mental health - something that we could all use a little help with nowadays!



**5. Get out in the sun.** Did you know that Vitamin D helps to boost the immune system? With the weather beginning to get a bit warmer, it is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are also a great way to get out of the house and enjoy yourself, while also being able to safely distance yourself from others and lower your risk of contracting the virus.

**6. Consult with a physical therapist.** At Marketplace Physical Therapy, our team of licensed and dedicated physical therapists are always here to answer any questions or address any concerns you may have. If you are in need of physical therapy or additional health services, we can help you find the best treatment plan for your specific needs. Additionally, our clinic has a coronavirus rehabilitation program to help your body recover if you have been diagnosed with the virus. You can find solace in knowing that our clinic follows strict health and safety guidelines, so you will be as safe as possible when coming to our clinic for treatments!

**Stay safe out there.** At Marketplace Physical Therapy, the health and safety of our patients is our number one priority. We want you to be able to get out and do the activities you enjoy while also practicing the necessary health and safety precautions of the times. **To learn more about how you can keep yourself safe while still enjoying life, contact us today!**

## EXERCISES TO HELP BUILD YOUR STRENGTH

### 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.

Strengthens glutes



### PELVIC TILT ON BALL

Sit on an exercise ball with tall, relaxed posture. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.

Strengthens pelvis



### SINGLE SHOULDER RAISE

Start by standing with good posture and your arms by your side. Raise one shoulder to a 90 degree angle and hold for 10 seconds. Repeat 5 times on each arm.

Strengthens shoulders



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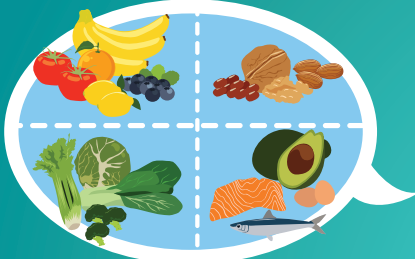
# Continue To Live A HEALTHY LIFESTYLE

## Guide To *Healthy Lifestyle*

for a better life

### EAT A HEALTHY DIET

fruits      nuts and beans



vegetables      healthy fat

### AVOID UNHEALTHY HABITS



quit smoking      avoid alcohol

### WORKOUT



get more exercise

### GOOD HYGIENE



skin, teeth and hair

### HYDRATE



drink water

### GET PLENTY OF REST



sleep for 8 hours

### CONTROL STRESS

entertainment      meditation



socialize

### CHECK UPS

body weight



blood pressure

