

HEALTH & WELLNESS



NEWSLETTER



GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSICAL THERAPY

Consider Some Changes To Your Exercise Routine

Discover small changes you can make in your routine that can be a big impact to your fitness goals.

Healthy Recipe

Try this healthy recipe perfect for the spring!

Restrictions In California Are Being Lifted!

Marketplace is happy to welcome our patients back into our clinics as California reopens.

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NEWSLETTER

GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSICAL THERAPY



For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think! Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Marketplace Physical Therapy & Wellness Center we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Follow these tips below, and feel free to contact us if you have any additional questions!

1. Always use proper form. Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it! Your ability to safely perform stretches and exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our physical therapists at Marketplace Physical Therapy & Wellness Center can assist with improving your form during exercise by addressing any issues you may have while sitting, standing, twisting,

bending, running, jumping, or lifting. They can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

2. Take it easy at first. If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with gentle exercises and stretches, and build up from there!

3. Set a weight goal. The past six months have caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed. Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body. *(continued inside)*

CONSIDER SOME CHANGES TO YOUR EXERCISE ROUTINE

(continued from outside)

4. Be Sneaky. Yep, you read that right! This is your permission slip to be sneaky when it comes to exercise. Oftentimes, physical therapists recommend small changes to a person's routine in order to make the adjustments manageable.

Consider these changes to be "bite size chunks," so that you don't feel as if your entire routine has to revolve around working out, and you also aren't throwing yourself full-speed back into a strenuous exercise routine.

Some changes to your routine that a physical therapist would approve of include:

- Getting off the bus one stop early and walking the rest of the way to your destination.
- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.

Ready to get back to a safe, healthy exercise routine? We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.



If you've been looking for assistance in getting back in shape, your search ends here. Marketplace Physical Therapy & Wellness Center is here to help you achieve your wellness and fitness goals. **Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!**

EXERCISES TO AVOID PAIN WITH ACTIVITY

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.

Strengthens legs



DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

Strengthens core



LEVATOR SCAPULAE STRETCH | OVERPRESSURE

Sit in a chair with the hand on the side of the neck to be stretched beneath you. (Alternatively, you can grab under the chair.) Use your free hand to gently pull your nose down toward your armpit so as to give your neck an extra stretch. Hold for 10 seconds and repeat 3 times on each side.



Stretches neck

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A HEALTHY RECIPE FOR SUMMER FUN! BALSAMIC GRILLED STEAK SALAD WITH PEACHES

INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

INSTRUCTIONS

Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/>



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RESTRICTIONS IN CALIFORNIA ARE BEING **LIFTED!**



Governor Gavin Newsom today took action to lift pandemic executive orders as the state moves to fully, safely reopen. That includes terminating the Stay-at-Home Order that was implemented early in the pandemic to protect Californians and retiring the Blueprint for a Safer Economy. Effective June 15, restrictions such as physical distancing, capacity limits and the county tier system will end.

Marketplace Physical Therapy & Wellness Center is happy to welcome our patients back into our clinics. Contact us today to schedule an appointment and recover greater mobility lost due to the pandemic.

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