

HEALTH & WELLNESS



NEWSLETTER

CAN HEALTHY EATING & EXERCISE REALLY IMPROVE YOUR IMMUNE SYSTEM?



How Does Exercising Impact My Immune System?

Discover how living a healthy lifestyle impacts your immune system.

Healthy Recipe

Try this healthy recipe perfect for the ideal nutrition!

Healthy Eating Tips

Discover how your plate should be organized for proper nutrition.

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NEWSLETTER

THESE TWO SIMPLE THINGS CAN HUGELY BOOST YOUR HEALTH!



It's no secret that making healthy choices, such as eating right and staying active, will help you maintain a healthier lifestyle. But did you know that there are two actions that can impact how your immune system functions, and how well you fight off infectious disease? In the ongoing struggle against Covid-19, immune system health has never seemed more important. If you're interested in strengthening your immune system, contact us at Marketplace Physical Therapy & Wellness Center today. Here, you will have access to individualized exercise programs and relevant nutritional advice that is based on your specific needs. Our clinic is committed to providing the best possible service to our patients, to ensure you leave Marketplace Physical Therapy & Wellness Center feeling better than when you arrived.

So, how does my immune system work? Many factors determine how well your immune system works, such as diet, like sleep, exercise, whether you smoke, and stress. While a proper diet that consists of necessary vitamins and minerals certainly helps your immune health, be wary of claims that a single food or drink is an immune system booster. The reality is that your body depends on a combination of many lifestyle factors to fight off infection and disease.

What does a proper diet look like, and why is it important? All the cells in your body, including your immune cells, require certain nutrients to function properly. These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth. A few examples of the nutrients and vitamins that support immune health include:

- Vitamin C
- Vitamin D
- Zinc
- Selenium
- Iron
- Protein

A physical therapist can help you craft a diet that is rich in these vitamins and nutrients or help connect you with a dietician in your area. However, if you're interested in improving your diet at home first, here are a few examples of healthy diets to help you get started.

- **The Mediterranean Diet.** This fish-heavy diet is rich in Omega-3 fatty acids. It's also high in plant-based fats like olive oils and nuts and is great for heart disease prevention.
- **A Probiotic-Rich Diet.** This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This diet is excellent for gut health.
- **The DASH (Dietary Approaches to Stop Hypertension) Diet.** This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.

On the other hand, diets that are limited in nutrients and vitamins can harm an otherwise healthy immune system. One study published in Harvard Health showed that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E negatively affect immune responses. Avoid eating too many processed foods, red meats and refined sugar. These types of foods can result in chronic inflammation of the gut and take an overwhelming toll on your body.

If you live in an area that doesn't have access to certain healthy foods, consider taking a multivitamin to lend your immune system extra support, but it's a good idea to double-check with your doctor first before taking new supplements. *(continued inside)*

HOW DOES EXERCISING IMPACT MY IMMUNE SYSTEM?

(continued from outside) Living a healthy lifestyle is the single most effective way to proactively care for your immune system. As you likely know, diet and exercise are two of the most crucial parts of healthy living. Your entire body, including your immune system, functions better when it is supported with proper nutrients and regular physical activity.

During your first appointment with a physical therapist, you may be asked to complete a few exercises or movement patterns to help your therapist identify your current fitness level. This intake appointment can also alert your therapist to any weakened areas of your body that may be causing you pain.

You will then be prescribed a personalized exercise routine that aligns with your body and your fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Contact Marketplace Physical Therapy & Wellness Center today to get started! By now, you may have decided that it's time to start improving your immune health. If this is the case, know that at Marketplace Physical Therapy & Wellness Center, we are dedicated to helping you achieve this goal. Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life. **Don't hesitate to change your health for the better. Contact Marketplace Physical Therapy & Wellness Center today!**

Sources: <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>



<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://medlineplus.gov/ency/article/007165.htm>

EXERCISES/STRETCHES FOR IMPROVE YOUR HEALTH

BILATERAL LEG LOWERING

Lie on your back, knees bent, feet flat on the floor. Place your hands on the front of your pelvis. Straighten both your knees as you slowly lower your legs towards the ground with control. Return to the starting position. Repeat 10 times.

Strengthens core



TOE CURL

Sit with one foot forward resting on its heel. Curl your toes down and hold for 10 seconds, then flex your toes up and hold for 10 seconds. Repeat 5 times on each foot.

Stretches foot



SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 30 seconds and repeat as needed.

Stretches hips



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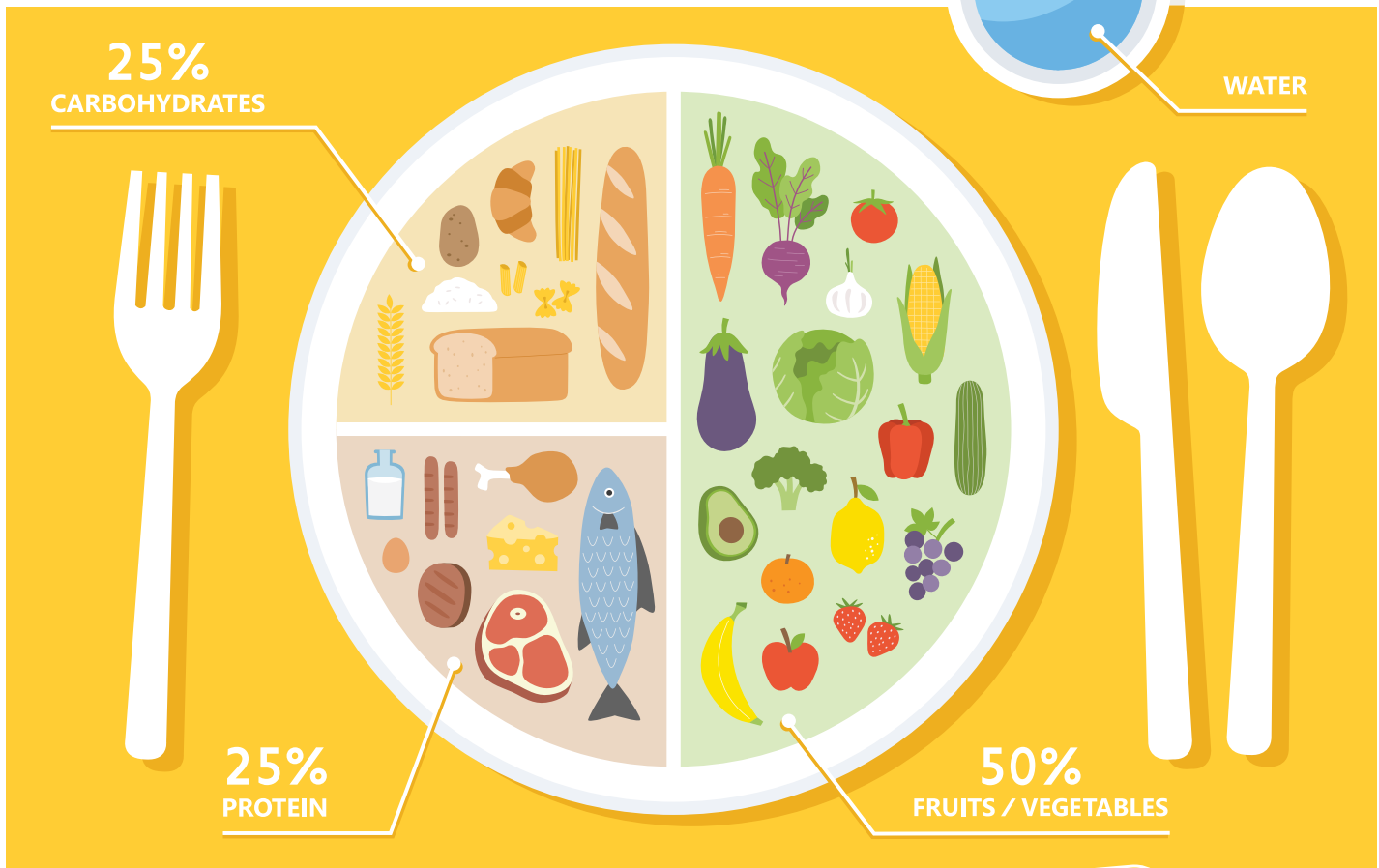
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HEALTHY EATING TIPS



HEALTHY RECIPE GRILLED PEACHES

INGREDIENTS

- 4 medium ripe peaches, halved, pit removed
- 1 teaspoon vegetable oil
- 1/2 cup ricotta
- 1/2 cup California walnuts
- 1/4 cup honey
- 4 fresh mint sprigs



INSTRUCTIONS

Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.

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