

HEALTH & WELLNESS



NEWSLETTER

YOU CAN BE HEALTHIER IN THE NEW YEAR



Dynamic Stretching Techniques

Discover stretches and techniques
to boost your immunity levels.

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NEWSLETTER

BEGIN THE NEW YEAR WITH A NEW & HEALTHIER YOU



We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Marketplace Physical Therapy is here to help you! We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for 2022!

Stretches and exercises for improved health. When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Marketplace Physical Therapy physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger and increase their flexibility, stability, and stamina.

Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic activities. Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength training exercises. Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

(continued inside)

DYNAMIC STRETCHING TECHNIQUES

(continued from outside)

These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion and gradually increases in height with each pass. It's essential to know your limits when it comes to your range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained. There are more ways stretching can benefit you and help improve your overall performance and health. Healthline lists out a variety of things in your life that can be made easier by a regular stretching routine:

- Improves posture
- Improves flexibility
- Helps to heal and prevent back pain
- Can calm your mind
- Helps decrease tension headaches
- Increases range of motion
- Improves your performance in physical activities
- Increases blood flow to your muscles

Boosting your immunity levels.

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear. Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables
- Exercising regularly
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly
- Try to minimize stress

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

How Marketplace Physical Therapy can help. Our therapy clinic provides several helpful services at our clinic that can aid in your recovery journey! Some of the ways we treat our patients in need are as follows:



- Therapeutic exercise
- Occupational therapy
- Physical therapy
- Neurorehabilitation
- Fall prevention
- Aquatic therapy
- Dry needling
- Electrical stimulation
- Iontophoresis
- Manual therapy
- Kinesio taping

If you're searching for a way to bring in the new year right, you can start by scheduling to have your physical health assessed by one of the excellent movement specialists here at our clinic! We're here to support you every step of the way. Your symptoms and condition will be taken into account, and a customized treatment plan will be created to help you feel your absolute best as 2022 begins!

Let us help you bring in the new year right. The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first once and for all, contact Marketplace Physical Therapy today for more information.

Sources: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
<https://www.healthline.com/health/benefits-of-stretching#types>

WE ADMIRE OUR CLIENT PROGRESS



"My neck pain had been persisting for over two years prior to having surgery. I would recommend Marketplace Physical Therapy. The staff kept treatment challenging, always friendly and clean. Thank you Marketplace Physical Therapy." - **David Blake**

HEALTHY RECIPE SLOW COOKER APPLE CIDER

INGREDIENTS

- 10 apples
- 10 cups water
- 3/4 cup brown sugar
- 5 cinnamon sticks
- 1 tbsp whole cloves
- 1 tsp ground allspice



INSTRUCTIONS

Cut your apples into quarters (Don't worry about removing the seeds). Place apples, spices, sugar and water into the slow cooker and cook on low for 3 hours. After 3 hours use an immersion blender. Cook for another 1-3 hours or until the desired flavor has been reached. Strain the liquids with a strainer covered with cheesecloth to remove any fine apple pieces. Place in airtight container in the refrigerator for up to one week.

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BEAUMONT
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FREE 6 WEEK WELLNESS PROGRAM

available to all current and previous patients

Improving Health With a NEW Approach! Free 6 week wellness program.

Here at Marketplace Physical Therapy, we not only want to treat the current pain that our patients face, we want to get to the root of the issue! Sometimes the root of the problem can be poor sleep or excess weight which puts more pressure on joints, making it difficult to recover fully. We want our patients to heal fully instead of only treating the onset condition. All current and previous patients will receive a fully customized Wellness Program in addition to Physical Therapy. The combination of these two approaches will help guide our patients one step closer to Total Wellness. Your Wellness Coach, Mitzi, will guide you through each carefully crafted phase to improve your overall health and wellness.

Patients can benefit from the wellness program if they struggle with any of the following-

- Weightloss
- Stress
- Overall well being
- Fitness
- Healthy eating habits
- Tired/ fatigue
- Diabetes
- Obesity
- Coronary Heart Disease
- Health Education
- Sleep
- Blood Pressure
- Food cravings

There is more information about the wellness program on our website. It is located under the PT Services tab under the Wellness program.



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