

HEALTH & WELLNESS

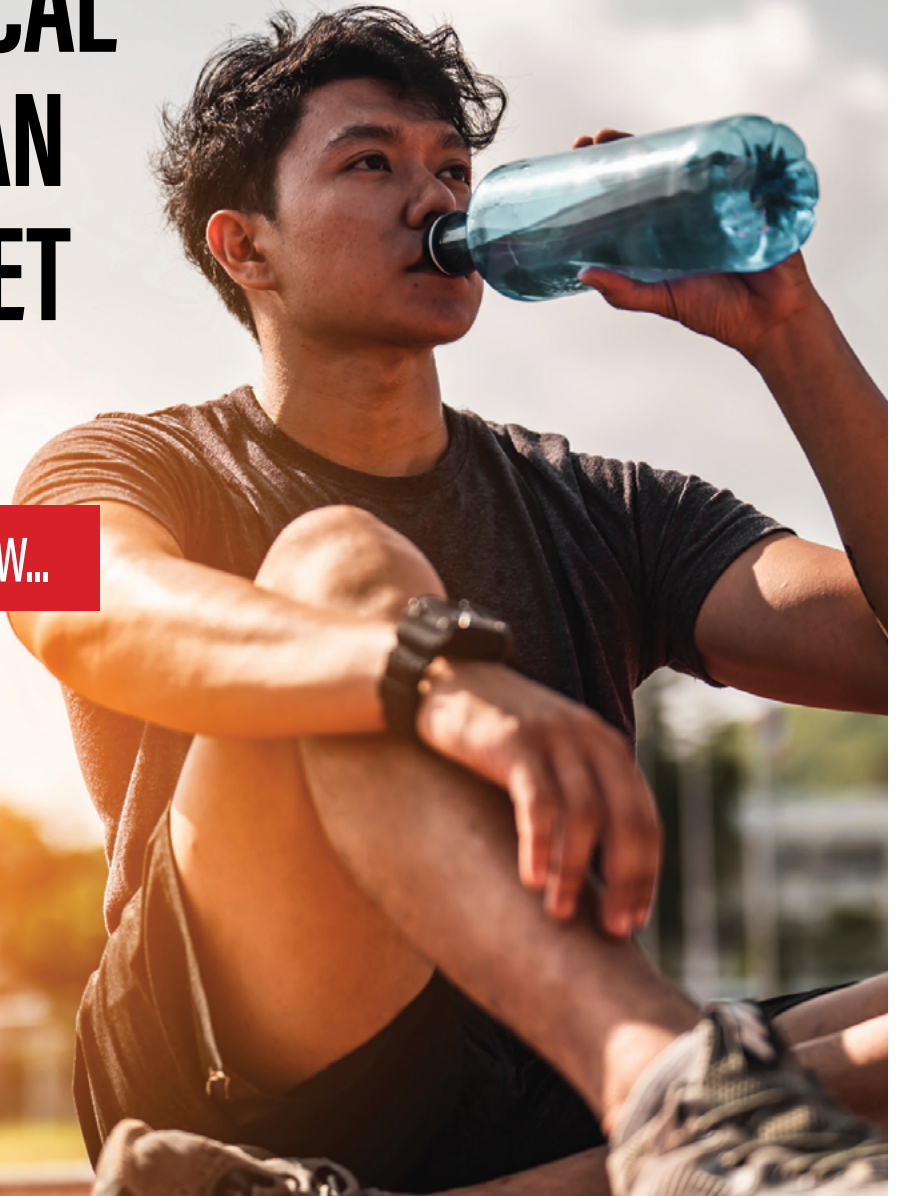


MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

NEWSLETTER

HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

READ ON TO FIND OUT HOW...



How Physical Therapy Can Help You

Discover how our physical therapists treat conditions related to health.

Healthy Recipe

Try this healthy recipe perfect for the season!

Staff Spotlight

Get to know our therapist as we show appreciation for our staff.

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NEWSLETTER

DO YOU FIND IT DIFFICULT TO COMMIT TO YOUR HEALTH GOALS? PHYSICAL THERAPY CAN HELP



Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Marketplace Physical Therapy & Wellness Center, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life! When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity, and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life! Contact Marketplace Physical Therapy & Wellness Center today to find out more about how our services can help you live a healthier, stronger, and more active life!

What Does it Mean to be Healthier? Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP YOU

(continued from outside)

5. Nutrition matters. You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

6. Stay hydrated. Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

7. Practice meditating. Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You. Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy



programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Contact our clinic today to make an appointment. Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Marketplace Physical Therapy & Wellness Center would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
<https://academic.oup.com/ptj/article/95/10/1433/2686492>

HEALTHY *Recipe*



GREAT NORTHERN BEAN SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped

- 2 bay leaves
- 1 tablespoon dried basil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pinch ground thyme
- 2 (15 ounce) cans great Northern beans, rinsed & drained

INSTRUCTIONS

Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes. Stir carrots and celery into the onion mixture. Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes. Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

STAFF SPOTLIGHT



Megan Bushey, PTA

Megan Bushey, PTA completed her undergraduate studies at California State University San Bernardino with a bachelor's degree in Kinesiology. She continued her education at Loma Linda University where she received her Physical Therapy Assistant, AS.

Megan's long list of clinical experience includes outpatient orthopedics, here at Marketplace Physical Therapy as well as in-patient care at Ballard Rehab Hospital, CCS Colton MTU Pediatrics and Rejuvenation OP Ortho Riverside. Megan witnessed firsthand the benefits of physical therapy when one of her family members saw major improvements through their treatment. Ultimately, this is what inspired Megan to pursue her dream in the physical therapy field.

With Megan growing up right here in southern California, it is no surprise that some of her favorite activities include hiking, being outdoors, spending time with her family, and Photography. Megan loves to travel, her favorite destination that she has traveled to is the Uk. This year Megan plans to visit a national park she has not been to yet.

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*Must present coupon at appointment.
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