



## BE HEALTHIER IN **THE NEW YEAR**

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 well-being, 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 your 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 2023!

### **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. Our 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

# 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.
- Eating a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Trying 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!

## 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 or if you are dealing with a pain condition, we can help. 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>

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## 5 HEALTHY EATING RESOLUTIONS

**1. Drink more water.** Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

**2. Eat more Omega-3s.** Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

**3. Substitute meat with tofu.** Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

**4. Cut back on salt.** Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

**5. Limit your sugar intake.** Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

Visit Us Online [www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com) or Call Today 951-684-2874

# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
*\*Located inside Anytime Fitness*

**Chino** 14682 Central Ave  
Chino, CA 91710

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223

# EXERCISE ESSENTIALS

## SEATED NECK FLEXION AROM

Try this movement to relieve your neck pain.

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story  
and leave your review. We look  
forward to hearing from you!

★ REVIEWS



## HEALTHY RECIPE

### OATMEAL PANCAKES WITH CINNAMON APPLES

#### Ingredients

- 1 1/2 cups buttermilk
- 3/4 cup instant rolled oats
- 3/4 cup whole wheat flour
- 2 Tbsp milk
- 1 Tbsp melted butter
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- Pinch of cinnamon (plus 1/8 tsp for the apples)



- Pinch of nutmeg
- 1 Granny Smith apple, peeled, cored, and chopped
- 1/2 cup apple juice
- 2 Tbsp brown sugar
- Butter or cooking spray

#### Directions

In a large mixing bowl, combine the buttermilk, oats, flour, milk, butter, baking powder, baking soda, pinch of cinnamon, and nutmeg. Stir to combine, then set aside to rest for a few minutes. Combine the apple, apple juice, brown sugar, and remaining 1/8 teaspoon cinnamon in a small saucepan and bring to a simmer. Cook until the apple has softened and the liquid has thickened. Preheat the oven to 200°F. Heat a cast-iron skillet over medium heat. Adding a bit of butter/cooking spray before each round, scoop 1/4-cup portions of batter into the skillet and use a spatula to spread into thin, even circles. Cook 2-3 minutes, then flip and cook for another 2 minutes. Keep pancakes warm in the oven while you finish cooking. Serve topped with the warm apples.

<https://www.eatthis.com/cinnamon-apple-oatmeal-pancakes-recipe/>

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