



## MAKE YOUR NEW YEAR'S RESOLUTIONS A REALITY

What are your resolutions this year? Maybe you want to exercise more or eat more nutritiously. Or perhaps you just want to live the healthiest life possible. No matter your health goals, know that the team at Marketplace Physical Therapy is here to help you achieve them.

That's right—while many people associate physical therapy with rehabilitation after an injury, we offer preventative care as well. We can help you with those little lifestyle adjustments that can have a big impact.

It's no secret that many people struggle to keep their New Year's resolutions. They start January with the best intentions, only to retreat to old habits come Valentine's Day. But the reason for this isn't a lack of willpower; it's a lack of support. And Marketplace Physical Therapy can provide that support for you.

Keep reading to learn about the many ways physical therapy can help you prevent injuries and chronic conditions. And then call us to schedule your appointment to start 2024 off right!

### Five Ways We Can Help You Improve Your Health and Wellness

- **We provide comprehensive physical assessments.** Many people set vague goals when trying to improve their health. One of our assessments can let you know the areas you need to work on, whether improving core strength or focusing on cardiovascular endurance.
- **We can help you eat more healthfully.** Eating nutrient-dense foods is key to improving your overall health and wellness. But between the Internet's avalanche of fad diets and the tendency to go all-or-nothing when changing eating habits, actually implementing healthful eating can be a challenge. Our team will help you cut through the noise and provide simple, actionable steps to develop a healthier diet.
- **We can help you make the most of your gym membership.** Along with good nutrition, regular exercise is a crucial component of lasting health and wellness, with benefits beyond the physical! Whether you're just starting a fitness journey or want to mix things up in the new year, we can provide personalized guidance on a workout plan that suits your needs.

# LEAVE YOUR OLD HABITS **IN THE PAST!**

- **We can help you relax and destress.** Did you know that heightened stress has a significant negative impact on your health? It increases your risk of cardiovascular disease and affects your body's overall functionality. If you want to get healthier in 2024, you'll likely need to find ways to manage stress—something we can help you do through relaxation techniques or other strategies.
- **We can help you develop a health-promoting workspace.** If you have a full-time job, you're spending most of your time at work—and unfortunately, work environments aren't always the most conducive to good health. Prolonged sitting, awkward postures, and repetitive motions are common workplace realities that can cause problems. We'll share strategies that meet your specific needs.

## **Additional Tips for a Healthy 2024**

We provide customized treatment plans for all of our patients, including any preventative programs to help you improve your health and wellness in the new year. We'll take the time to learn more about you, your goals, and any challenges you may face, ensuring you receive the treatment that will work best for you.

However, there are also some simple tips you can start implementing at home today to help you make the most of your treatment. Here's what our physical therapists suggest:

- Drink plenty of water. While everyone's needs vary, eight cups of water daily is a good starting point.
- Add more fruits and veggies to your meals (i.e., whip up a side salad to go with your entree). Don't worry about cutting anything for now—just see what you can add.
- Make sure you're getting 7-9 hours of sleep a night. Like stress, sleep is an often overlooked factor in good health.
- Here's one you can literally do right now: deep breathing! Take a long, slow breath, hold a few seconds, then slowly release.

And, of course, make sure to schedule an appointment with Marketplace Physical Therapy. These tips can get you started, but our team will help see you through the rest of 2024 with compassion and support.

## **Here's to a Healthy New Year!**

No matter your goals, our team is here to help you achieve them. Call us today to get started.

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## NEW YEAR, NEW YOU

We want to share some of the best things you can start doing today to get your health on the right track for the New Year!

### Aerobic activities

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.

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

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, contact Marketplace Physical Therapy today for more information.

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**951-684-2874**



# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
951.494.4499  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
951.319.2482  
*\*Located inside Anytime Fitness*

**Chino** 14682 Central Ave  
Chino, CA 91710  
909.352.4705

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373  
951.349.4741

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223  
951.482.8264

# EXERCISE ESSENTIALS

## WRIST EXTENSOR STRETCH

Sit up straight in a chair and raise one arm out straight in front of you with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist.



*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

### PUMPKIN SMOOTHIE

#### Ingredients

- 1 can (15 oz. size) pumpkin pie filling
- 3 cups whole milk (more if needed)
- 1/2 cup vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed



#### Directions

Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get the consistency you'd like. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

[www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com)



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