

# NEWSLETTER

February 2021



GET HEALTHIER,  
STRONGER,  
& MORE ACTIVE  
WITH 7 SIMPLE AT-HOME TIPS

## INSIDE:

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[www.hopt-wellness.com](http://www.hopt-wellness.com)

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## 7 WAYS YOU CAN BECOME HEALTHIER, STRONGER, & MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist.

At Hands On Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

### Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing,

circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. 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.

### Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY  
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

# 7 TIPS YOU CAN DO ON YOUR OWN

## TO IMPROVE YOUR OVERALL HEALTH

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. Taking care of aches and pains.** Don't let these long-term problems linger. Contact Hands On Physical Therapy for professional help.

**2. Limiting your sitting.** Get up every 30 minutes to walk around at work and at home.

**3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.

**4. Maintaining a nutritious diet and controlling portions.** Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

**5. Drinking more water.** Water keeps your body systems functioning at an optimum level.

**6. Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.



**7. Getting enough sleep.** Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Hands On Physical Therapy today! Are you looking for assistance with increasing your health, strength, and physical activity? **Our team at Hands On Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!**

## Healthy Recipe: Vegan Bean Soup



### INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 red onion, diced
- 4 garlic cloves, minced
- 2 medium carrots, diced
- 2 tbs ginger, finely grated
- 4 cups lima beans (cooked or canned)
- 1 tsp turmeric powder
- 1.5 L (6 cups) vegetable broth
- 1 small bunch of Tuscan kale, roughly chopped
- Salt & pepper to taste

### INSTRUCTIONS

In a large saucepan, heat the oil and onion on medium heat until onion has slightly browned. Add in garlic and cook for another 1-2 minutes, followed by carrots, ginger, beans, and turmeric cooking for a further 5-7 minutes. Once the ingredients are well combined, pour in the vegetable broth. Bring to a boil and simmer for 10 minutes. Add in kale and season to taste. Once the kale softens a little, the soup is ready.

Recipe: [www.marthastewart.com/315212/winter-smoothie](http://www.marthastewart.com/315212/winter-smoothie)



## PATIENT SUCCESS SPOTLIGHT



***"This was the first PT I went to where I didn't feel rushed through the therapy."***

"Hands on Physical Therapy has above-board qualified therapists that dialed into my pain-needs. This was the first PT I went to where I didn't feel rushed through the therapy. My therapist offered a lot of insight as I asked questions and the exercises I performed changed my pain level so I could have a better quality of life. They have a very caring and friendly staff. I highly-recommend Hands On Physical Therapy!\*" - **T. O.**

**Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!**

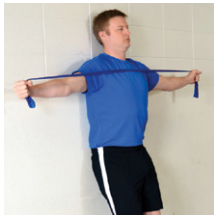
## EXERCISE OF THE MONTH

Try this movement if you want stronger shoulders.

### Strengthens Shoulders

#### BAND ABDUCTION

Stand with your back against the wall and your hands in front of your torso, holding a resistance band. Bring your arms to a "t" flat against the wall, then slowly return to the start position. Repeat 15 times.



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

## STAFF SPOTLIGHT



### Meet Jacob Floyd

Jacob has recently joined the Hands On team as our new patient coordinator. Jacob will be calling all new patients to see how their first treatment went and if there is anything we can do to assist them. He will also be following up with patients throughout their journey with Hands On Physical Therapy to ensure all their needs are met.

## COUPON CORNER!

**FREE PAIN CONSULTATION**



**WE OFFER 3 CONVENIENT LOCATIONS**

**CALL TO SCHEDULE TODAY!**

Spots are limited so call today!

<b>Cary</b> 919-851-0711	<b>Fuquay-Varina</b> 919-557-2111	<b>Zebulon</b> 919-269-0107
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Call to schedule. Expires 3/31/2021