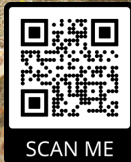




STAYING ACTIVE AND...
BECOMING BETTER BALANCED

www.TherapyWestPT.com



SCAN ME



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

Staying Active & Becoming Better Balanced

There are a million and one tips that are passed down generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.



Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them — work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies

and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques



Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

It's Never Too Late

You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. **There are plenty of ways to incorporate light activity into your lifestyle, such as:**

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. If you feel that your physical health or an old injury is holding you back from being active, contact us. Working with a physical therapist can help you achieve improved balance and a healthy lifestyle.

www.TherapyWestPT.com



Feel Better By Eating Better! Spring Pea Pasta

- 1 pound pasta
- 3–4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.528.7575

Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719





Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Canadians have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

Better Heart Health. If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

5 Health Benefits of Spring Cleaning!

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Get a Better Night's Sleep. Do you have trouble sleeping at night? In a recent poll, it was found that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

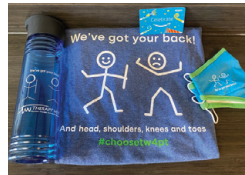
Sources:
[ncbi.nlm.nih.gov/pubmed/19934011](https://pubmed.ncbi.nlm.nih.gov/19934011)
parsleyhealth.com/blog/health-benefits-spring-cleaning

Exercise of the Month Sacral Stretch



Squat deep. Keep your knees behind your toes. Use elbows to push knees wide.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Win This Free Prize Package!



We're giving away one free prize package consisting of an Amazon Gift Card, T Shirt, Water Bottle, and Mask! To enter, simply scan the QR code or visit our website and select "Review Us" to review your location of choice! We thank you in advance for your feedback and your continued support!