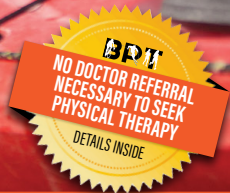




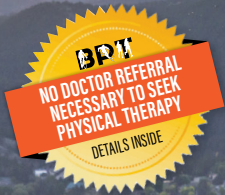
7 WAYS You Can Become Healthier, Stronger and More Active

See Inside

- 7 Tips To Become Healthier, Stronger, And More Active
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe
- Sudoku



WE ARE OPEN!



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND 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 Breckenridge 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.

For more information on how to become healthier, stronger and more active, or to make an appointment with Breckenridge PT, give us a call today! We can't wait to hear from you!

7 Tips To Become Healthier, Stronger, And More Active



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 ACES AND PAINS.

Don't let these long-term problems linger. Contact Breckenridge Physical Therapy for professional help.

2. LIMITING YOUR SITTING.

Get up every 30 minutes to walk around at work and 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 PORTION.

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 BRECKENRIDGE PHYSICAL THERAPY TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Breckenridge 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!

breckenridgephysicaltherapy.com

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.485.3421 or visit breckenridgephysicaltherapy.com



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!



Patient Success Spotlight

"The care I have gotten at Breckenridge Physical Therapy is outstanding. I have been there for several issues over the past few years. I've always worked with Justin. He is incredibly knowledgeable and professional. He listens really well and gives you his undivided attention. He comes up with an individualized game plan that is just right for each person. Connie at the front desk is an integral part of the practice. She keeps things running smoothly and couldn't be a kinder, more compassionate soul. I have recommended Breckenridge Physical Therapy to many friends. No one has ever been disappointed." - S.L.

Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!

Exercise Essentials

Helps Strengthen Your Core

PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



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

 SimpleSet Pro
www.simpleset.com

Sudoku

Level Hard

5		7						
3			5	8		4		
	2						5	
9		4	3			6		
	5		8		6		7	
		8			4	1		9
	4						1	
		5		4	8			3
						9		2

1sudoku.com

HEALTHY RECIPE



Arugula, Grape, and Sunflower Seed Salad *Healthy Recipe*

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

THINK YOU HAVE WHAT IT TAKES TO BE A PHYSICAL THERAPIST?

Contact Breckenridge Physical Therapy today for more information on joining our team.

970.485.3421