



LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Breckenridge Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place – and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

What It Even Means to “Be Healthy”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself

unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

Simple Tips for Healthy Living from the Breckenridge Physical Therapy Physical Therapists

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize

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adding healthy foods to your meals rather than restricting less healthy choices.

4. Stay Hydrated: As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

5. Meditate Daily: Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

Physical Therapy's Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road – and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

Find Good Health with Breckenridge Physical Therapy!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

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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!



Call Breckenridge Physical Therapy at **970.364.6601**, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

Lemon Mug Cake



A soft, spongy, not-too-sweet cake that takes a one-minute spin in the microwave!

INGREDIENTS

- 1 tbsp olive oil
- 3 tbsp full cream milk
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 4 tbsp plain flour
- 1/4 tsp salt
- 1/4 tsp baking powder
- 1 tbsp sugar

DIRECTIONS: Add olive oil, whole milk, lemon juice and lemon zest to a clean mug and mix. Add all purpose flour, salt, baking powder and sugar to the mug. Mix until batter has a smooth consistency. If mixture seems dry, add 1/8 teaspoon of milk and repeat if necessary. Microwave at 1000 W (High) for 1 minute. Let rest for 30 sec. Serve warm in mug with topping of your choice and enjoy!

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

Exercise Essentials

STANDING SIDE CRUNCH

Start by standing up straight with one hand behind your head. Brace your abdominals and raise your knee up and out to the side toward your elbow while simultaneously driving your elbow down to meet your knee. You should feel your muscles on the side of your torso contract as you squeeze your knee and elbow together. Relax and repeat



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

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To _____

From _____

Do you know anyone that needs our help?

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

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com

SIMPLE STRATEGIES FOR... INCORPORATING EXERCISE INTO YOUR DAILY ROUTINE

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

strength training routines, suggest daily mobility exercises, and help you set movement goals. We can also help you resolve any pain or other conditions that might limit your physical activity.

Incorporating movement into your daily routine helps exercise feel like second nature. Schedule an appointment to get started!

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★ Patient Success Stories

5 Easy Tips for Sneaking in Physical Activity

1. **Park at the far end of the parking lot, so you have to walk a little further to get to the store.**
2. **Take the stairs whenever possible.**
3. **Do some stretches or core exercises while you're watching TV.**
4. **Go for a quick walk around your building during your lunch break.**
5. **Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!**

Visit Breckenridge Physical Therapy for More Tips!

Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient

"Justin and his team are quite wonderful. They don't only do protocol on exercises for your injury, but are attentive to how your body is connected and aware of what other parts might affect your physical condition.

Over the last decade they have helped me through two knee replacements, two rotator cuff surgeries, a groin pull, a hamstring injury, neck issues, and a left reverse shoulder replacement.

Visit these guys to help you get back to the things you love to do!

You will be happy you did. Love life!"

—Jill A.

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**WANT TO STAY ACTIVE THIS SUMMER?
WANT TO BE IN PEAK CONDITION FOR
SUMMER SPORTS?**

COME BACK TO PT!

Contact Breckenridge Physical Therapy today
and start living pain-free again!

970.364.6601

