



**Priority
Physical
Therapy**

Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*

MAKE 2023 YOUR YEAR.



The Priority Physical Therapy staff celebrates Christmas with a trip to Kimmswick, Missouri. The pictured staff members are Kelsey, Linda, Shelby, Sam, Ruthie, Lesley, and Kim.

INSIDE:

- How to Improve Your Immune System
- Achieve Your Goals With Physical Therapy



Health & Wellness

The Newsletter About Your Health And Caring For Your Body

HOW TO IMPROVE YOUR IMMUNE SYSTEM



Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At Priority Physical Therapy, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

If you're interested in strengthening your immune system, request an appointment at Priority Physical Therapy physical therapy clinic today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

THE IMMUNE SYSTEM WORK

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and

viruses). The immune system is our body's defense against infections and helps keep us healthy. The three primary functions of the immune system include:

1. Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.
2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol

WHAT IS PROPER NUTRITION?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the

vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- Diabetes
- Cancer
- Alzheimer's and other dementias
- Joint degeneration and arthritis
- Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT TODAY!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness level during your first appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.



You will then be prescribed a personalized exercise routine that aligns with your body and fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life. Don't hesitate to change your health for the better; contact Priority Physical Therapy today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/> - <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full> - <https://www.sciencedirect.com/science/article/pii/S2095254618301005> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723551/> - <https://www.frontiersin.org/articles/10.3389/fphys.2021.751374/full>

ACHIEVE YOUR GOALS WITH PHYSICAL THERAPY

We can help you get back on your feet and living your most active life. Come back to physical therapy to start your healing journey.



PRIORITYPT.NET

A NEW YEAR MEANS A NEW YOU

The beginning of a brand new year certainly feels like a great time to make significant changes! It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, we are here to help you!

SCAN THE QR CODE TO SCHEDULE YOUR APPOINTMENT NOW!



**MISSOURI 573.769.6166
SOUTH CAROLINA 843.536.4888**

HAPPY NEW YEAR

HOW TO APPROACH RESOLUTIONS

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Priority Physical Therapy is confident in your ability to hit your goals.

PATIENT SUCCESS

"IT IS ONE OF THE BEST HOURS OF MY ENTIRE DAY!"



"From the time I arrive and am greeted with a smile from Carolyn until I walk back out that door - it is one of the best hours of my entire day. Of course the time I spend with the therapist, whether it is Lauren or Brittany, is the important part of our recovery; and each of us feel like we are their primary concern. Their care AND their caring work hand in hand with their treatment plan and my improvements. While we are all happy to improve and heal, we are sad to 'graduate' and have to quit going." — **Jody J.**

We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



SCAN THE QR CODE WITH YOUR
SMARTPHONE AND SELECT THE CLINIC YOU
VISITED TO LEAVE YOUR REVIEW TODAY!



GET STARTED ON YOUR RESOLUTIONS!

Our Palmyra clinic offers a Fitness Center that can help you achieve your health and wellness goals. Memberships are available monthly or yearly for single, family and senior rates. There is a basic start-up fee of \$10 for a personalized access card which provides 24-hour access to our facility. Membership includes full and unlimited access to Priority Fitness facility and use of all equipment.

CALL 573.769.6166 TODAY!

