



Health & Wellness

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

STAY ACTIVE THIS WINTER



INSIDE:

- Don't Let The Cold Keep You From Your Goals
- What To Expect From Physical Therapy Session



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

DON'T LET THE COLD KEEP YOU FROM YOUR GOALS



Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Priority Physical Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. The winter presents several fun activities that can double as workouts.

Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Priority Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

THE BENEFITS OF EXERCISING DURING THE WINTER

It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations. Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we

workout around 10 minutes less per day in the winter compared with the summer months. With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure
- Lowering your risk of type 2 diabetes and many kinds of cancer
- Maintaining or losing weight
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections. Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

WHAT TO EXPECT FROM PHYSICAL THERAPY SESSION

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

At Priority Physical Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries. No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.


We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

CONTACT US TODAY!

Whether you're looking for ways to recover from an injury and get moving in the winter, Priority Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

Sources: <https://pubmed.ncbi.nlm.nih.gov/31193280/> - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56 - <https://pubmed.ncbi.nlm.nih.gov/30719382/> - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>



**DON'T FORGET TO
DROP OFF YOUR
MARCH MADNESS
BRACKET BY MONDAY
MARCH 13TH**

PRIORITYPT.NET

DON'T LOSE SIGHT OF YOUR GOALS

The cold outside can keep us from being motivated to stay on track but physical therapy can help you achieve your goals. 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**

RED VELVET BAKED CAKE DONUTS



INGREDIENTS:

- ¾ c all-purpose flour
- ¼ c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp natural or Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp condensed milk
- cute candy hearts optional

DIRECTIONS: Preheat the oven to 350F/175C and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food colouring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mould ¾ of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with cute candy hearts.

<https://happyhealthymotivated.com/skinny-red-velvet-baked-cake-donuts/>

PATIENT SUCCESS

"HELPED THE PAIN GO AWAY 90% OF THE TIME."



"Before therapy with the professionals at Priority Physical Therapy I had a constant nagging pain in my knee. There were many days that I could not do the things I enjoy. Walking the dog on a nearby trail is one example. Driving long distances, normal motions around the house and in the office also aggravated my situation. After therapy this has not been the case. The therapy helped the pain go away 90%

of the time. When it appears I go through the home exercises and soon the pain is gone again. The folks at PPT know what they are doing!" — **Alexander S.**

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!



TIPS FOR BETTER HEART HEALTH!



- 1. AIM FOR LUCKY NUMBER SEVEN.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. KEEP THE PRESSURE OFF.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. MOVE MORE.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. SLASH SATURATED FATS.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

- 5. FIND OUT IF YOU HAVE DIABETES.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. THINK BEYOND THE SCALE.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. DITCH THE CIGARETTES, REAL AND ELECTRONIC.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well.
- 8. CLEAN UP.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).