



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

## How We Can Help You Get Healthier



What It Even  
Means to “Be  
Healthy”

How To Incorporate  
Exercise Into Your  
Daily Routine

Exercise of the  
Month: Check Your  
Walking Posture

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888

**Call Or Text Us Today!**



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## For Our Palmyra Friends...



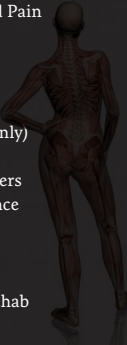
Scan this QR code to learn more about our 24 hour affordable gym and to get started on your 2024 goals.

Or Check It Out At: [Lead.me/beamsN](https://lead.me/beamsN)

## Make Your Body A Priority

We Can Help you with:

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



Thank you to our community, family, & friends who attended our 25<sup>th</sup> Anniversary open house.

## How We Can Help You Get Healthier

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 Priority 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.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

## Call Or Text Us Today!

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South Carolina | 843.536.4888

[PRIORITYPT.NET](https://prioritypt.net)

# What It Even Means to “Be Healthy”

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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 Priority 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 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.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/> • <https://www.who.int/about/governance/constitution> • <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

## Find Good Health with Priority 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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# How To Incorporate 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!

## 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 Priority Physical Therapy for More Tips!

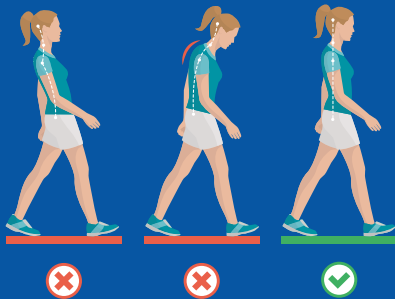
Our physical therapists can work with you to develop a program for daily physical activity, no matter your needs. We can show you efficient strength training routines, suggest daily mobility exercises, and help you set movement goals.

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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# Exercise of the Month: Check Your Walking Posture



- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe

## Patient Success



*"When I came at first, my hips hurt every time I walked. The exercises that we went through were very effective. I have little trouble walking now. With continued exercises, I'm sure it will be 100% normal again very soon. Everyone here is always friendly and helpful, a good experience all around!" — D.W.*

## Share Your Success! Scan To Share Your Story!

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.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



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