# 7 Ways You Can Become Healthier, Stronger, & More Active

**WE'RE OPEN!**

**Read inside about how we're keeping you safe...**

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DUTCH Plus Test

POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS

# 7 Ways You Can Become Healthier, Stronger, & 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 Polishuk 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 & 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 & Flexibility

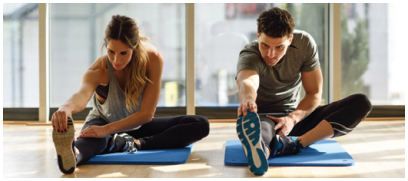
It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger 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.

**Has your pain come back? Come see a Polishuk Physical Therapist for a consultation today!**
**(215) 641-9401**

1. *Feel free to call us and ask to speak to a therapist.*
2. *The therapist will tell you the possible causes of your pain as well as precautions you can take at home.*
3. *If further assessment is warranted, the therapist might recommend you come in for an appointment.*

*Call **Polishuk Physical Therapy** to talk with a physical therapist today!*

# 7 Tips You Can Do On Your Own



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 aches and pains.**

   Don't let these long-term problems linger. Contact Polishuk 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 Polishuk Physical Therapy today!

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

## Summer Word Search!

S F L I P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I O U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R

AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM
ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION

## Strawberry & Banana Popsicles

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

# 4 Simple Ways To Make Hydration A Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. **Here are some simple ways to stay hydrated this summer.**

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

Have pain that won't go away?
We want to help you! Call us at (215) 641-9401 today!

# DUTCH Plus Test

PRECISION ANALYTICAL INC.
SIMPLY · BETTER · TESTING

We are excited to introduce another novel test to our practice.The **DUTCH Plus Test** is a game changer when it comes to women's health. It is the most accurate and thorough test available that analyzes reproductive and adrenal hormones. It goes above and beyond a traditional blood test as it analyzes your hormone levels over a 24-hour period. We are so excited to incorporate this test into our practice, as it is crucial to identify and address any hormonal imbalances for optimal health. As always, if you have any questions or would like to more information more please contact our office.

## The results include:

- Analysis of 35 different hormones: estrogen, progesterone, testosterone, DHEA-S, and cortisol along with their metabolites, plus the cortisol awakening response (CAR)

- Graphical representation of results and embedded video tutorials to assist in the hormone assessment to share with your medical provider

- DUTCH OATs: Melatonin (6OHMS), 8-Hydroxy-2-deoxyguanosine (8-OHdG), and six organic acid tests (OATs) including markers for vitamin B12 (methylmalonate), vitamin B6 (xanthurenate), kynurenate, glutathione (pyroglutamate), dopamine (homovanillate), norepinephrine/epinephrine (vanilmandelate).

Ask a Polishuk therapist for more information!
Call us at (215) 641-9401 today!