



HEALTH & WELLNESS NEWSLETTER

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HOW PHYSICAL THERAPY 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 Ellis 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.”

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5 SIMPLE TIPS FOR HEALTHY LIVING

- 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.



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>



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 Ellis 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!

[CLICK HERE](#)
to make an appointment today!

3 Simple Wellness Resolutions

Do you use the new year as an annual health seminar with yourself? Here's a list of 3 simple wellness tips. Cheers to a healthy and happy new year.

- 1. Drink half your body weight in ounces of water.** If you weigh 160 pounds, you should drink 80 ounces of water.
- 2. Start the morning with a hydrating warm drink.** Warm water with lemon or apple cider vinegar concoctions are great choices.
- 3. Be active daily.** Aim for 30 minutes per day.

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5 EASY TIPS FOR INCORPORATING EXERCISE IN 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!

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!



HOW ARE WE DOING?



Click below to tell your PT story and leave your review.



Slow Cooker White Chicken Chili

- 1 1/4 lbs. boneless skinless chicken breasts (2-3 breasts)
- 4 cups low-sodium chicken stock
- 2 (15-oz) cans reduced-sodium white beans such as white kidney, navy, cannellini, or Great Northern beans, rinsed and drained
- 2 (4.5-ounce) cans diced green chiles
- 3 cloves garlic minced
- 1 small yellow onion (or 1/2 large) finely diced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup chopped fresh cilantro
- Fresh lime wedges

Place chicken in the bottom of a 6-quart or larger slow cooker. Add the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, or until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.

With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)

Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

<https://www.wellplated.com/crockpot-white-chicken-chili/>



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Office Hours:
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