



## **Physical Therapy & Wellness**

*The Newsletter About Caring for Your Health*



# **FIND YOUR BEST SELF**

**7 WAYS YOU CAN BECOME HEALTHIER,  
STRONGER AND MORE ACTIVE**

### **ALSO INSIDE:**

7 Tips You Can Do On Your Own • Exercise Essentials  
Letter From Mike • Healthy Recipe • Stretch Your Brain!



## FIND YOUR **BEST SELF**

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, due to a lack of time, pain, injuries, or difficulty sticking to a nutritious diet. To be sure, when you are in pain, moving more and being more active can be a big challenge. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed doctor of physical therapy. At G3 Physical Therapy, our team is composed 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 AND YOU

The term "health" is relative. It essentially means that your body is operating at its highest levels of function in regards to movement, 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 take towards helping your body function at its optimum levels is a step towards 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 better overall.

### INCREASING YOUR MOBILITY, FLEXIBILITY, AND STRENGTH

It is no secret that mobility, flexibility, and strength 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 strategic exercises and specialized treatments in order to relieve your joint and muscle pain, decrease wear and tear on your joints, increase your strength and flexibility, and improve your overall health.

*(Continued inside)*



PHYSICAL THERAPY  
WELLNESS CENTER  
WOMEN'S HEALTH

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

# 7 Tips You Can Do On Your Own



Physical therapy treatments can help improve your health, but they work best 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. Take care of aches and pains before they turn into chronic problems.** Don't let these long-term problems linger. Contact G3 Physical Therapy for professional help.
- 2. Limit your sitting.** Get up every 30 minutes to move and stretch.
- 3. Get outside and move.** Exercise regularly, even if it's just taking a short walk. Also, do the home exercises you learned at G3 on a consistent basis.
- 4. Maintain a nutritious diet and eat slowly.** Make sure your food intake is nutritious. By chewing your food thoroughly, you can better

sense when you are satiated, and more importantly helps your digestion.

- 5. Drink more water.** Water keeps your body systems functioning at an optimum level. Try to drink half your body weight in ounces of water.
- 6. Breathe!** Slow down to take deeper breaths in order to increase your oxygen intake and get your lymphatic system moving.
- 7. Get enough sleep.** Aim for 7-10 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 immune system.

## CONTACT G3 PHYSICAL THERAPY TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at G3 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!

## Exercise Essentials

### Standing Pelvic Tilts



In a continuous gentle motion, tuck tail bone under followed by sticking bottom out in a more neutral standing position. Repeat 5-10 times. Best followed by elongating spine by imagining string on top of head.

## Healthy Recipe *Rainforest Smoothies*



- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 2 cups organic milk or plant-based milk
- 1/2 cup frozen chopped kale
- 2 TBSP honey
- 1 TBSP collagen
- 1 TBSP yogurt

### INSTRUCTIONS

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

# What's Happening At G3?

## Stretch Your Brain!

### Ring in the New Year With **RELAXATION!**

NEW YEAR SPECIAL



### **FREE 30-MINUTE MASSAGE**

Use code **2021NEW**. This offer cannot be combined with any other offer and has no cash value. This FREE massage offer(s) can only be used once per year, per person.

**CALL TO BOOK TODAY!**



PHYSICAL THERAPY  
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WOMEN'S HEALTH



Get those answers in! The first to respond correctly wins a **\$5 Starbucks Gift Card!**

Email your answers to [info@g3.life](mailto:info@g3.life)!

1. What country won the very first FIFA World Cup in 1930?
2. What is the painting 'La Gioconda' more usually known as?
3. Where is the Sea of Tranquility located?
4. Saudi Arabia imports camels from what country?
5. What is the only state that borders just one other state?
6. What does a Scoville unit measure?
7. In ancient Greece, throwing an apple at someone was a declaration of what?
8. What was Babe Ruth's first name?

#### **Answers to last month's trivia:**

- 1) AB-Negative 2) Sodium 3) 5,280 feet
- 4) Hawaii 5) 3 6) Neptune and Uranus
- 7) Strawberries 8) Dead Sea

## LETTER FROM MIKE

### *Living Analog in a Digital World*

One of my favorite guitarists/singers/songwriters, Joe Walsh, did an album a few years ago entitled "Analog Man". He spoke of being an analog man living in a digital world.

That concept rings very true to me in looking back on 2020. Between shutdowns, shelter in place orders, school closures, work from home, Virtual this and that, Zoom, TeleHealth, FaceTime, Twitter, Facebook, YouTube, etc., our 2020 world has been dominated by the digital experience.

In my opinion, the predominance of the digital world in 2020 has been a mixed blessing. On the one hand, it has been a lifesaver for many—being able to stay safe at home while still learning, working, and communicating with friends, colleagues, and loved ones.

On the other hand, as I look back on 2020, I see a painful shortage of hugs, handshakes, smiles (hidden behind masks), pats on the back, and just plain old face to face communication.

I for one never want to see Zoom replace working in close physical proximity with my colleagues, TeleHealth replace getting our hands on our patients, FaceTime replace breaking bread with friends and loved ones at a favorite restaurant, and bumping elbows or fists replace handshakes and hugs.

I'm absolutely all for safety, protecting our most vulnerable, efficiency, and convenience, but I'm even more so for the human interaction that is so vitally embedded in our DNA.

In G3's world of facilitating optimum health and well-being, "digital" will never replace "bricks and mortar".

Here's to a more analog 2021.

**To your best health,  
Mike**