



HOW PT 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 G3 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!

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.”

SIMPLE TIPS FOR HEALTHY LIVING FROM THE G3 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, immune system, insulin levels, and cognitive abilities. Aim for going to bed at consistent times and getting 7-9 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular movement 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 only 22 minutes daily! If you want a bigger health impact with exercise, aim to increase muscle mass with resistance training. G3 physical therapists can help you create a safe program to facilitate muscle gain, even when you are recovering from an injury.

- 3. Eat a Nutrient Dense Diet:** Although it may seem like certain foods cycle in and out of “health food” fashion, research has confirmed the ideal diet: Eat a variety of “real” foods, foods that do not spike insulin levels, and foods that don't cause abnormal inflammation. This would include healthy fats (not inflammatory industrial oils), cleaner grass-fed or pastured meats, look for pesticide free fruits and vegetables, nuts and seeds, and limit processed carbohydrates even if it says “whole wheat” and “healthy” on the label. One simple tip for eating healthier is to avoid packaged foods. If a food label has ingredients that you can't pronounce or don't recognize as a food, don't buy it. You can emphasize on swapping more nutrient dense versions of the same foods you already eat, rather than restricting less healthy choices.

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4. **Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of clean water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Limit water from plastic bottles, make sure your water has essential minerals, and drinks with caffeine. 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.

FIND GOOD HEALTH WITH G3 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!

**SCHEDULE YOUR
APPOINTMENT
TODAY!**

760.452.2640

Visit Us Online g3.life

UPDATE ON HOLIDAY DONATIONS!

A BIG THANK YOU to the G3 Community! You made the Advent Gift Bag event a huge success. We collected \$740 for a total of \$1,480. St John the Evangelist Church in Encinitas was able to help 148 families make Christmas a bit better. They saw a lot of happy, smiling faces on the families that received the bag that included a \$100 gift card to Stater Bros grocery store, an ornament and other miscellaneous Christmas items.

We feel blessed to be a part of such a caring community.

Thank you again, God Bless, and Happy New Year!



HEALTHY RECIPE

APPLE CRIPS (JOY OF COOKING)



FILLING

- core and slice apples enough apples to fill a 9x13 pan,
- Season apples with 2 TBS of lemon juice to decrease browning.

- 1/2 cup non-GMO all purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup + 2 TBS butter
- 1/2 tsp salt if butter is unsalted

CRUMBLIED TOP

- Combine pastry with 2 knives cutting the butter into the flour, then use fingers, lightly work to avoid mixture getting oily, you can be generous with pastry ingredients for extra crumbles:

Bake about 30 minutes for top to lightly browned and crisp. Serve hot or cold.



EXERCISE OF THE MONTH

SINGLE LEG-BALANCE REACH SQUATS

Level: Intermediate to advanced, depending on how high the box is and how much you can bend your ankles, knees, and hip without pain.

Goal: Challenge balance, strength, and improve mobility.

Preparation: Make sure you are in a safe environment to challenge your balance. Physically, make sure you have enough ankle and hip mobility to avoid excessive stress on the knee. We suggest appropriate dynamic stretching and soft tissue/ joint mobility work before you try this exercise.

Warning: Please do not try this on your own before your physical therapist has approved it.



LETTER FROM MIKE

I've always had problems with following through with my New Year's resolutions. But at the same time, I'm grateful for all the opportunities to keep trying. And every year, I become more consistent and more and more things have slowly become habits in my continued attempts to build a healthier lifestyle. So, while I detest quick weight loss solutions and other gimmicks, I do appreciate the art of setting a goal and reaching it. If you have fitness or weight loss goals, I would encourage you to talk to your physical therapist about them. Someone once said that we fail not due to lack of motivation, but lack of momentum. So let us help you keep your momentum going. Here's to a healthy and prosperous 2024. -Mike



CHALLENGE ACCEPTED

This month, I challenge you to read food labels. Check out what's in your mayo and salad dressings. What's in your bag of chips? Or what's in that "healthy" granola bar? Check out what kind of "oils" are used in your foods. If you are in the grocery store, see if you can find replacements with healthier oils like olive oil, coconut oil, palm oil, or avocado oil. For example, you know snacks made with healthier oils are in demand when Costco carries them. Check out Jackson's sweet potato chips that are made with just 3 ingredients: avocado oil, sweet potatoes and sea salt.



WE GET RESULTS

Exceptional care at Solana Beach G3- super friendly and competent team of professionals from Scheduling/Billing to excellent hands on care by PTs and the assistants. I went in for vertigo from a sports injury but then stayed on to address a variety of chronic sports related issues. Tom was enthusiastic about getting me strong, flexible and back out on the water.

-Jeanne S.



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



ENCINITAS
LOCATION



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LOCATION

Visit us at g3.life today!



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