

# Be Healthier In the New Year



Thank you to our wonderful patients and team members!

## ALSO INSIDE

- Ways To Boost Your Immunity
- How to Squeeze in a Short 10-30 Minute Workout
- Choice Therapy Specialties



## Be Healthier In the New Year

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a new year certainly feels like a great time to make major changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Choice Physical Therapy is here to help you!

Choice Physical Therapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!

### STRETCHES AND EXERCISES FOR IMPROVED HEALTH

When it comes to getting fit, exercising more often is truly a no-brainer. There are tons of targeted stretches and exercises that may help you feel better and get into better shape at the same time.

Choice Physical Therapy physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger, as well as increase their flexibility, stability, and stamina.

Here are some types of stretches and exercising pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

### Aerobic Activities

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

### Strength Training Exercises

Strength training makes your muscles stronger and helps to prevent fall injuries.

### Dynamic Stretching Techniques

These stretches are a bit more interactive and can expand your range of motion. One example is a hamstring stretch, in which the leg is kicked upward through its range of motion, and gradually increases in height with each pass.

It's important to know your limits when it comes to your own range of motion, as excess momentum can overextend the limb and cause a painful injury to be sustained.

**Bemidji**  
(218) 377-7341

**Blackduck**  
(218) 307-2792

**Kelliher**  
(218) 242-8370

**Bagley**  
(218) 292-6882

**Gonvick**  
(218) 292-6882

**Hibbing**  
(218) 307-2849



# Ways To Boost Your Immunity

Making sure our immune systems are performing in tip-top shape should be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

*Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:*

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition that is affecting your overall wellness, one of our skilled therapists can be of help!

## ARE YOU TAKING CARE OF YOUR MENTAL HEALTH?

It's important to not only pay attention to your physical health, but also your mental and emotional health as well. S.A.D, or "Seasonal Affective Disorder" can really hit hard during the colder winter months. Many people find themselves feeling depressed, lethargic, and unmotivated to do the things they love.

Choice Physical Therapy encourages our patients to reach out for counseling and guidance. There's nothing wrong with asking for professional help or doing research to find things that you can do at home to boost your overall wellness.

*A few things experts recommend that you do to improve your overall health are as follows:*

- Do something you're good at, such as journaling, reading, or some form of art.
- Practice daily meditation.
- Set up an appointment with a mental health specialist.
- Regulate your sleep schedule.
- Make sure you're maintaining a nutritious diet.
- Schedule time every day to unwind and relax (such as taking a hot bath or shower!)

## LET US HELP YOU BRING IN THE NEW YEAR RIGHT

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health. If you're interested in learning more about how you can put your health first once and for all, contact our clinic today for more information.

Sources  
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>  
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>  
<https://www.healthline.com/health/benefits-of-stretching#types>



*Scan the QR Code to visit our website to schedule your next appointment today!*

[www.choicetherapy1.com](http://www.choicetherapy1.com)

**Bemidji**  
(218) 377-7341

**Blackduck**  
(218) 307-2792

**Kelliher**  
(218) 242-8370

**Bagley**  
(218) 292-6882

**Gonvick**  
(218) 292-6882

**Hibbing**  
(218) 307-2849

## The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 377-7341

# How to Squeeze in a Short 10-30 Minute Workout



Are you looking for a quick way to get results from your workouts? At Choice Physical Therapy, our physical therapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!

High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

*There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:*

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure

If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call Choice Physical Therapy today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!



## Choice Therapy Specialties

*Treating Adults & Children*



**Physical Therapy** - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



**Occupational Therapy** - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



**Speech Therapy** - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

**What are you waiting for? Let's get you better ASAP!**

Use PT to your advantage. Schedule your appointment today!

[www.ChoiceTherapy1.com](http://www.ChoiceTherapy1.com)