



## TIP OF THE MONTH

### 8 Healthy Exercise Habits

Did you know that March is Athletic Trainer (AT) Month? Athletic trainers are more than just “those people in khaki” that run on the field when a player is injured. They work both on and off the field to make sure athletes can perform their sport safely. During games and practices, trainers provide early

injury detection and intervention, a faster referral process to local specialists if required, and can offer concussion safety programs. During injury screenings, athletic trainers look to assess the injury, make recommendations on immediate care and may provide a faster and safer return-to-play. To help celebrate athletic trainers, we want to give you 8 trainer-approved healthy exercise habits. Spring is a great time to start an exercise program – so we might as well do it right!

1. **Start Slow:** Know your body and listen to it. Be honest, set achievable goals, and pick the right program.
2. **Warm-up:** Consider it personal protection. A proper warm-up supplies necessary nutrients to the body. Many aches and pains during a workout can be avoided with a proper warm-up.
3. **Eat well:** A good balance of proteins, carbs, and fats will provide the fuel to help get you on the right track. The appropriate post-workout meal will also aid in recovery.
4. **Include more core:** This is not just your six-pack abs. The “CORE” consists of everything from the diaphragm to the pelvic floor. Back, butt, and muscles around your pelvis included. Take time to do exercises that challenge these areas.
5. **Stretch:** Post-workout muscles often tend to tighten. Static stretching increases blood flow and assists in healing and recovery.
6. **Cross-train:** Try to avoid getting into single sport training for too long. Take time to train like athletes in other sports. This encourages coordination and proprioception.
7. **Hydrate:** Make a regular habit of drinking plain water throughout the day. **Drink plenty of water** and replenish fluids after a workout.
8. **Rest:** Give your body enough time to recover. Ample sleep aids in tissue repair. Avoid challenging the same muscle group over consecutive days.

If your insurance plan requires a physician referral, that’s not a problem. If you don’t have a Primary Care Physician that you love, we can recommend you to a trusted physician or specialist before continuing your care. We have relationships with many local providers and may be able to get an appointment for you sooner than if you went on your own.



Featured Article: [Top 5 Common Injuries & How To Avoid Them](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*“Believe you can and you’re halfway there.”*

— Teddy Roosevelt

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

### Homemade Granola

Granola is a great pre-workout snack. We found this recipe online at [www.gimmesomeoven.com](http://www.gimmesomeoven.com) and loved it!



### INGREDIENTS

- Old fashioned oats
- Nuts
- Chia seeds
- Ground cinnamon
- Salt
- Melted coconut oil
- Honey
- Vanilla extract
- Flaky coconut

### DIRECTIONS

1. Preheat the oven to 350°
2. Mix together the oats, nuts, seeds, cinnamon, and salt
3. Whisk together the coconut oil, honey, and vanilla, and drizzle over the dry mix until evenly coated
4. Spread evenly across a parchment covered baking sheet and bake for 20 minutes
5. Add your coconut and bake for an additional 5 minutes
6. Let cool, break it into bite-sized pieces, and enjoy!