



TIP OF THE MONTH

4 Ways to Stay Active While Social Distancing

Most of us have found ourselves at home looking for things to do. Even though we may not be able to make it to the gym or to a group class with friends, there are still ways to stay active and healthy at home.

Here are our top 4 ways to keep moving.

1. **Go for a walk or run:** Getting some fresh air and going for a walk or run in an uncrowded location is a great way to get some exercise in. The CDC recommends 6 feet of distance between yourself and others, so make sure you choose a path or trail that allows for space.
2. **Do housework:** You have stocked up on cleaning supplies; now it's time to get some exercise out of it! Whether it's washing dishes, vacuuming, or dusting, the time spent on your feet and moving around can add up to a fully productive and active day - not to mention the result of having a clean living space.
3. **Have a dance party:** It might not be the same as a traditional Zumba class, but all you need to get the party started is some music that can get you moving. Whether it be salsa, a line dance, or maybe even the floss, dancing is a sure way to get your heart rate up.
4. **Living room resistance training:** Squats, lunges, planks, and push-ups can all be done at home without the need of a gym or weights. These exercises use your body weight to help train. If you need guidance on getting started or making sure you have exercises that you can do safely, please call us for help.

We hope you have fun staying active with these exercise ideas. If you need help getting started or have questions, please reach out. We can work with you to create an in-home exercise plan that works for you and your ability levels.

Featured Article: [Your Health is our Top Priority](#)

As many of you are aware, there is an emerging public health threat related to the 2019 Novel Coronavirus (COVID-19). We are taking necessary precautions to prevent the spread of these viruses and encouraging everyone to take actions to stay healthy. [More...](#)

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

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"The greatest glory in living lies not in never falling, but in rising every time we fall."

— Nelson Mandela

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

Cauliflower Fried Rice

Fried rice is a favorite of ours and it's low carb, which makes it even better! Plus, you can mix in any leftover meat to make it more filling.



INGREDIENTS

- 1 head of cauliflower
- 2 eggs
- Salt to taste
- 1 Tablespoon of sesame oil
- Half of a small onion (diced)
- 1/2 cup frozen peas and carrots
- 2 garlic cloves (minced)
- 3 Tablespoons soy sauce

DIRECTIONS

1. Pull apart the cauliflower and pulse it in the food processor until it is about the same size as rice
2. Beat eggs together and season with salt
3. Heat up a large pan or wok over medium heat and spray the bottom of the pan with oil
4. Make the scrambled eggs and set aside
5. Add sesame oil and sauté onions, peas, and carrots until soft, add garlic
6. Raise the heat to medium high
7. Add the cauliflower rice and soy sauce to the pan, mixing until the rice is slightly crispy
8. Mix the egg back in and serve hot