



## TIP OF THE MONTH

## Moving In May!

It's National Physical Fitness & Sports Month and we are excited! From aerobic activity to muscle and bone strengthening

we want to help you do all of it! We recently covered how much exercise is considered healthy in our [February Newsletter on Heart Health](#), so this time we want to dive deeper into aerobic and strength training workout routines.

## AEROBIC ACTIVITIES:

We get that you're busy. Dedicating 30 minutes to an aerobic exercise can be a hard task. The secret to a successful fitness program is enjoyment! Choose physical activities that you enjoy doing. This could mean walking, playing tennis, biking, or joining a team sport.

- Consider trying something different, such as yoga or kickboxing
- Enter a race – it will motivate you
- [Plant a garden](#) and share its beauty and bounty
- Make long walks or hikes a monthly tradition
- Set up a morning exercise group with your neighbors; exercise buddies can help keep you motivated

The goal of aerobic exercises is to get your blood pumping! How can you tell you did this? Do the talk test! If you're doing a moderate-intensity activity, you should be able to talk but not sing. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

## STRENGTH TRAINING:

Strength training has quite a few benefits.

- Better balance and, consequently, reduced risk of falls
- Quicker responses, which may also play a role in preventing falls
- Reduced risk of [osteoporosis](#) (weakening of the bones)
- Improved quality of life
- Improved mental alertness

If you have never lifted weights or used a resistance band before we highly recommend you ask a professional for help getting started.

We can work with you to [develop a strengthening program](#) and show you how to use your equipment properly without injury. For more advanced weight lifters, you may want to consider developing a [periodization schedule](#).

## Some great tips to keep in mind as you start weight training:

- Warm up your muscles with aerobic activities for 5-10 minutes beforehand
- Start with lighter weights and increase gradually. If you compromise your form, it will increase the likelihood of an injury
- Rest between sets
- Stretch your muscles after your workout. This can ease tension, increase flexibility, and reduce your risk of injury
- Include rest days within your workout schedule. Your muscles need time to heal

Are you ready to get started Moving in May? We hope so! We're here to help you reach your movement potential. Please reach out with any questions and try using an activity planner to stay motivated!

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



*“Mother’s love is peace. It need not be acquired, it need not be deserved.”*

— Erich Fromm

## 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

## Mongolian Beef Stir Fry

Try this healthier version of the classic dish. It is delicious and has been husband and kid-approved!



## INGREDIENTS

- 1-2 lbs Beef Flank Steak thinly sliced for stir fry (Feeds 4)
- 1/4 cup Coconut Aminos
- 2 tsp fresh grated ginger (not powdered)
- 2-3 cloves of minced garlic
- 1/4 cup vegetable oil
- Cooked rice/cauliflower rice for serving

## DIRECTIONS

1. Mix together the Coconut Aminos, ginger, and garlic in a bag or bowl and marinate the beef for 1-2 hours
2. Heat the vegetable oil in a wok or cast-iron skillet.
3. Cook the beef in small batches for about 1.5 - 2 minutes each and put on a paper towel-covered plate to cool. The oil will splatter so use a cover!
4. Once everything is cooked reheat quickly in the skillet and serve on a bed of rice. Enjoy!