



TIP OF THE MONTH

5 Ways to Stay Active and Have Fun at Home

Your health is still our top priority! As the Delta variant makes its way through the population, the at-risk, young, and unvaccinated groups may choose to spend more time at home. Whether you love spending time at home or prefer to be out and about, we have a few ideas on how to be social, safe, and have fun at the same time.

OUR TOP 5 PICKS!

- 1. Go for a walk or run** - Yep. It's a tried-and-true favorite. Getting some fresh air and going for a walk or run in an uncrowded location is a great way to get some exercise in.
- 2. Have neighbors over for dinner** - Cook a meal and spend an evening in with close friends. Maintaining connections with friends and family is great for your mental health.
- 3. Dance party** - It might not be the same as a traditional Zumba class, but all you need to get this party started; is some music. Clear some space, pick your favorite songs, and let the music take you.
- 4. Virtual game night** - Have kids that are missing their friends? Schedule a time to hop on a server and have some good old-fashioned online gaming fun! You may even get some free time in the process.
- 5. Outdoor activities** – There are plenty of low-risk activities that you can do with your family and close friends. They even lend themselves naturally to social distancing. Our favorites: golfing, canoeing, fishing, and hiking.

We are still following CDC guidelines to reduce the spread of COVID-19. Our staff continues to wear masks and disinfect frequently used surfaces. Additionally, we are providing telehealth appointments for patients that may not feel comfortable coming into the clinic. [Telehealth](#) uses both VIDEO and AUDIO so that we can have two-way communication during virtual visits.

Having trouble getting your energy back after COVID? To help patients combat covid-related physical ailments we have created a [Rehab-19 Program](#) designed specifically to restore energy for healthy active bodies. Our licensed team of physical therapists can help get you the rest of the way.



Featured Article: [Fall Prevention Risk Tips in Your Home](#)

While falls can happen anywhere, more than half of them happen in the home. One in every three adults 65 and older fall AT HOME each year in the U.S. We've compiled a shortlist below to help you get started...[more](#)

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



“Your body hears everything your mind says.”

— Naomi Judd

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

Zucchini “Pasta” Carbonara & Shrimp

Try this fun twist on an Italian favorite for a flavorful and nutrient packed meal! **Original Recipe:** <https://bit.ly/Dinner4U>



INGREDIENTS

- Package of zucchini noodles
- 2T olive oil
- 1 medium onion diced
- 2 cloves minced garlic
- 8oz fresh asparagus
- 1lb shrimp, peeled and deveined
- 1/4 cup parsley
- 6 strips of bacon cooked and crumbled
- Salt and pepper to taste
- Parmesan to taste

DIRECTIONS:

1. Sauté the zucchini noodles in a tablespoon of olive oil until tender - move to the side and keep warm
2. Add the remaining olive oil and sauté the onions till soft but not transparent, add garlic and stir until fragrant.
3. Add asparagus, stirring frequently, cook for 2 minutes
4. Add shrimp, cooking just until the center line is opaque
5. Stir in bacon bits, parsley, and remove from heat
6. Mix in your zucchini noodles, season with salt and pepper to taste, garnish with olive oil and Parmesan, and enjoy!