



TIP OF THE MONTH

8 Healthy Exercise Tips

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.

Physical therapy and athletics go hand in hand. In many cases, your PT may be a former athlete that experienced an injury in their youth and, as a result, found a passion for rehabilitating others. If you are experiencing pain, or have already had an injury, don't wait to talk to your physical therapist. The faster you ask for help, the faster you can get back into your sport. Contact us if you're looking for help preventing or recovering from a sports-related injury.

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



“Fall seven times, stand up eight.”

— Japanese Proverb

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 Soup & Curry

This is an easy yet delicious recipe from [RealSimple.com](#) that tastes great and is easy to make!



INGREDIENTS:

- One head of cauliflower
- 2 tsp of curry powder
- 3T olive oil
- 1 yellow onion chopped
- 2 cups vegetable stock
- 1 cup unsweetened cashew milk
- 3T nutritional yeast
- Salt to taste

DIRECTIONS:

1. Preheat the oven to 375°
2. Cut the cauliflower into florets and put them in a large bowl and mix with the curry powder and 2T of olive oil until evenly coated
3. Lay in one layer on a baking sheet and bake for 45 min
4. In a saucepan heat the remaining olive oil and cook the onion until translucent
5. Puree the cauliflower, onion & 1 cup of vegetable stock in a blender before adding to a saucepan
6. Combine all remaining ingredients in the saucepan, bring to a boil, and serve hot.



WHAT TO EAT BEFORE, DURING, & AFTER A GAME

PT&Me Featured Article:

[What to Eat Before, During, and After a Game.](#)