



Performance For Life

NEWSLETTER



Get Back Into A Safe Exercise Routine with Physical Therapy

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Open the Newsletter to Read More! >>

ALSO INSIDE...

- Exercises of the Month
- 4 Nutrition Tips for a Healthy Summer
- Healthy Recipe: Grab & Go Veggie Wrap
- FREE Workshops



www.achieve-therapy.com

Get Back Into A Safe Exercise Routine with Physical Therapy



<< Continued from Front Cover

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Achieve Therapy and Fitness, we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Follow these tips below, and feel free to contact us if you have any additional questions!

Always use proper form.

Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on you maintaining good

posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our physical therapists at Achieve Therapy and Fitness can assist with improving your form during exercise by addressing any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. They can show you the correct targeted exercises and stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physical therapist

can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with gentle exercises and stretches, and build up from there!

Set a weight goal.

The past year has caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body.

Turn the Page to Read More >>

4 Nutrition Tips for A Healthy Summer

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. Drink green tea instead of sweet tea. Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and tea-bag-type tea.

2. Serve seafood. Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. Don't skip breakfast.

When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. Enjoy summer fruits and veggies. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.

<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>



www.achieve-therapy.com



Living, Working & Playing in the Community



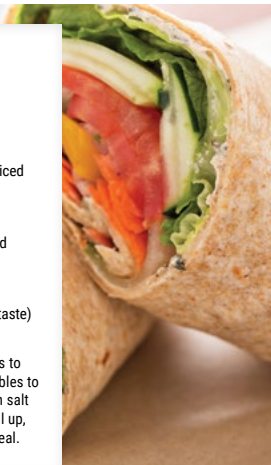
Our staff recently had a blast in Thompson, ND as part of Thompson Days. We had a team play in the Paul Nistler/Kerri-Lynn Larimer Memorial Golf Tournament and had quite the crew for the Thompson Days Parade.

Healthy Recipe Grab & Go Veggie Wrap

Ingredients

- 1 large whole wheat tortilla
- 1/4 cup roasted red pepper hummus
- 1 cup of washed baby spinach leaves
- 1 carrot, peeled & shredded
- 1 tomato, thinly sliced
- 1/2 cucumber, thinly sliced
- 1/2 avocado, diced
- Crumbled feta cheese (to taste)
- Salt & Pepper (to taste)

Directions Lay your tortilla flat and spread hummus to coat it. Then, sprinkle feta cheese. Layer your vegetables to create a colorful, nutritious masterpiece. Season with salt and pepper to taste, add additional feta if desired, roll up, and enjoy or pack away for a convenient on-the-go meal.



Join us for a
FREE Shoulder Pain & Rotator Cuff Workshop

August 5th • Grand Forks
August 12th • Grafton
August 19th • Detroit Lakes



Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!

Get creative and get moving!

<< Continued from Previous Page

Be sneaky.

Yep, you read that right! This is your permission slip to be sneaky when it comes to exercise. Oftentimes, physical therapists recommend small changes to a person's routine in order to make the adjustments manageable.

Consider these changes to be "bite size chunks," so that you don't feel as if your entire routine has to revolve around working out, and you also aren't throwing yourself full-speed back into a strenuous exercise routine.

Some changes to your routine that a physical therapist would approve of include:

- **Get off the bus one stop early and walk the rest of the way to your destination.**
- **Choose the stairs instead of the elevator.**
- **Shovel snow, rake leaves, and garden in your yard as the seasons change.**
- **Park farther away from your destination and walk the extra distance.**
- **Walk up and down the field while your children are playing sports.**
- **Take the dog on walks around the park or your neighborhood every day.**



Ready to get back to a safe, healthy exercise routine?

We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.

If you've been looking for assistance in getting back in shape, your search ends here. Achieve Therapy and Fitness is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



BRIDGING

While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.



 SimpleSet Pro
www.simpleset.net