



Performance For Life

NEWSLETTER

Can Healthy Eating & Exercise Really Improve Your Immune System?

It's no secret that making healthy choices, such as eating right and staying active, will help you maintain a healthier lifestyle. But did you know that there are two actions that can impact how your immune system functions, and how well you fight off infectious disease?

In the ongoing struggle against Covid-19, immune system health has never seemed more important. If you're interested in strengthening your immune system, contact us at Achieve Therapy & Fitness today.

Open the Newsletter to Read More! >>



ALSO INSIDE...

- Exercises of the Month
- Healthy Recipe: Eggplant Pizza Bites
- How Does Exercising Impact My Immune System?
- Take Advantage of Your Health Benefits



www.achieve-therapy.com

These Two Simple Things Can Hugely Boost Your Health!



<< *Continued from Front Cover*

Here, you will have access to individualized exercise programs and relevant nutritional advice that is based on your specific needs. Our clinic is committed to providing the best possible service to our patients, to ensure you leave Achieve Therapy & Fitness feeling better than when you arrived.

So, how does my immune system work?

Many factors determine how well your immune system works, such as diet, like sleep, exercise, whether you smoke, and stress.

While a proper diet that consists of necessary vitamins and minerals certainly helps your immune health, be wary of claims that a single food or drink is an immune system booster.

The reality is that your body depends on a combination of many lifestyle factors to fight off infection and disease.

What does a proper diet look like, and why is it important?

All the cells in your body, including your immune cells, require certain nutrients to function properly.

These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth.

A few examples of the nutrients and vitamins that support immune health include:

- Vitamin C
- Vitamin D
- Zinc
- Selenium
- Iron
- Protein

A physical therapist can help you craft a diet that is rich in these vitamins and nutrients or help connect you with a dietician in your area. However, if you're interested in improving your diet at home first, here are a few examples of healthy diets to help you get started.

• **The Mediterranean Diet.** This fish-heavy diet is rich in Omega-3 fatty acids. It's also high in plant-based fats like olive oils and nuts and is great for heart disease prevention.

• **A Probiotic-Rich Diet.** This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This diet is excellent for gut health.

• **The DASH (Dietary Approaches to Stop Hypertension) Diet.** This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.

On the other hand, diets that are limited in nutrients and vitamins can harm an otherwise healthy immune system. One study published in Harvard Health showed that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E negatively affect immune responses.

Avoid eating too many processed foods, red meats and refined sugar. These types of foods can result in chronic inflammation of the gut and take an overwhelming toll on your body.

If you live in an area that doesn't have access to certain healthy foods, consider taking a multivitamin to lend your immune system extra support, but it's a good idea to double-check with your doctor first before taking new supplements.

[Turn the Page to Read More >>](#)

Take Advantage of Your Health Benefits



We need YOUR help in finding our next great Achiever!



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022. Contact us today to schedule your appointment.

www.achieve-therapy.com

Achieve is currently seeking qualified applicants for our locations in Grand Forks & Grafton, ND and at our location in East Grand Forks, MN. We are seeking motivated physical therapists that are innovative, independent thinkers who have a willingness to learn and are coachable.

Applicants must have:

- Bachelor's, Master's or Doctor's degree from an accredited physical therapy curriculum
- Certification in Physical Therapy and a valid state (North Dakota or Minnesota) license to practice. Preference will be given to applicants holding dual licensure.

We are looking for a full-time, Achiever. A Physical Therapist who has the skills listed above and is looking for a long-term opportunity with excellent earning potential. We are willing to develop the right person, providing you the opportunity to grow as a therapist and as a leader with the organization.

If this position appeals to you, please email your resume to mellis@achieve-therapy.com or apply online at <https://achieve-therapy.com/join-our-team/>.

For more information about our practice visit our website at www.achieve-therapy.com.

Healthy Recipe

Eggplant Pizza Bites

Ingredients

- 2 large eggplants, cut into 1/2" rounds
- Extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. shredded mozzarella
- 1/2 c. mini pepperoni
- 1/2 c. shredded Parmesan
- 1/4 c. finely sliced basil

Directions Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a48193/eggplant-pizza-bites-recipe/>



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

How does exercising impact my immune system?

<< *Continued from Previous Page*

Living a healthy lifestyle is the single most effective way to proactively care for your immune system. As you likely know, diet and exercise are two of the most crucial parts of healthy living.

Your entire body, including your immune system, functions better when it is supported with proper nutrients and regular physical activity.

During your first appointment with a physical therapist, you may be asked to complete a few exercises or movement patterns to help your therapist identify your current fitness level. This intake appointment can also alert your therapist to any weakened areas of your body that may be causing you pain.

You will then be prescribed a personalized exercise routine that aligns with your body and your fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Contact Achieve Therapy & Fitness today to get started!

By now, you may have decided that it's time to start improving your immune health. If this is the case, know that at Achieve Therapy & Fitness, we are dedicated to helping you achieve this goal.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better. Contact Achieve Therapy & Fitness today!

Sources: <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://medlineplus.gov/ency/article/007165.htm>



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

FORWARD NECK TUCK

Sit with good posture then place one hand behind your head and slowly pull your head in the direction of your armpit. Hold for 15 seconds and repeat on each side as needed.



HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.



 SimpleSet Pro
www.simpleset.net