



HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Anders and Associates Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

WHAT IT EVEN MEANS TO “BE HEALTHY”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live

independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

SIMPLE TIPS FOR HEALTHY LIVING FROM THE ANDERS AND ASSOCIATES PHYSICAL THERAPY PHYSICAL THERAPISTS

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.



- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.
- 5. Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

PHYSICAL THERAPY'S ROLE IN PROMOTING GOOD HEALTH

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road – and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

FIND GOOD HEALTH WITH ANDERS AND ASSOCIATES PHYSICAL THERAPY!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

STAFF SPOTLIGHT



Kyra Moore, PT Technician

My name is Kyra and I'm a physical therapy technician at Anders and Associates Physical Therapy. I received my Bachelor of Science Degree in Biology with a minor in Chemistry from the University of Nevada, Reno. Throughout high school and college I played basketball, flag football, and pole vaulted. I enjoy being active and being involved with the rehabilitation of patients. I find it rewarding working with patients in their treatment plans and helping them regain their strength and

functioning through physical therapy. In my spare time, I like to hike, watch a good movie, and try new and exciting things, like hole-in-the-wall restaurants and sky-diving!

SERVICE SPOTLIGHT

Extracorporeal Magnetotransduction Therapy (EMTT®) is a non-invasive, evidence-based procedure developed specifically for the treatment of degenerative joint disorders, acute and chronic pain, and sports injuries.

EMTT® opens up new possibilities in regeneration and rehabilitation. EMTT® uses high-energy magnetic pulses transmitted to the affected areas of the body. Due to the high oscillation frequency, MTT® enables a high penetration depth and covers a large range of indications.

WHAT DISORDERS CAN BE TREATED?

- Degenerative joint disorders
- Pain treatment
- Sports injuries

WHAT ARE THE EXPECTED RESULTS?

EMTT® is an extremely effective approach to treating pain that comes without risks, complications and lengthy recovery time. Many patients report a significant improvement in their systems--sometimes even freedom from pain--after just a few sessions.



**BOOK YOUR
APPOINTMENT
TODAY!**



(702) 751-0798

SEASONAL RECIPE

CAPRESE SALAD



INGREDIENTS

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

BALSAMIC VINAIGRETTE:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

INSTRUCTIONS:

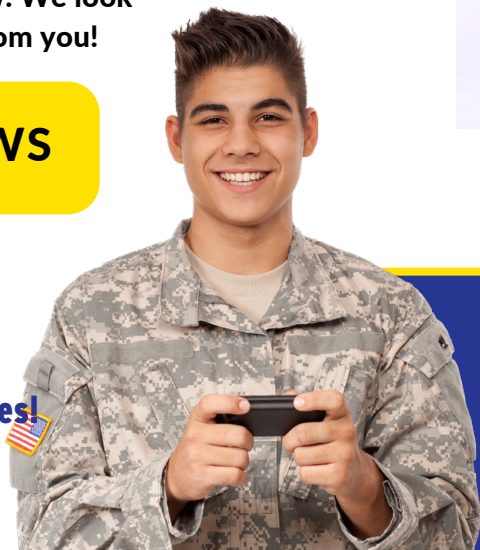
Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS



Get Moving Today
with Anders & Associates!

www.aaaptlv.com

OUR SERVICES



ANDERS AND ASSOCIATES
PHYSICAL THERAPY

- Physical therapy
- Orthopedic rehabilitation
- Sports injuries
- Joint rehabilitation
- Arthritis
- Tendonitis
- Cold Laser Therapy
- AND MORE!

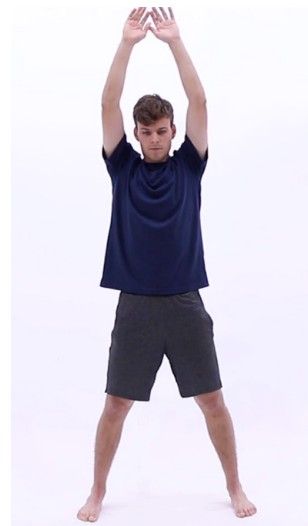
CALL US TODAY!
(702) 751-0798

EXERCISE ESSENTIALS

DEEP BREATHING ARMS OVERHEAD

Try this exercise to relax and calm yourself.

Start by standing up straight with your feet spread apart and your arms hanging in front of you. Slowly raise your arms straight out to the sides and up over your head as you inhale through your nose. Slowly exhale through your mouth as you lower your arms back down. 5 reps.



PT WIRED
www.ptwired.com



ANDERS AND ASSOCIATES
PHYSICAL THERAPY

2690 W Deer Springs Way, Suite 104
North Las Vegas, NV 89084

TEL: (702) 751-0798
FAX: (702) 444-2485