



UP & AT 'EM!

**7 Ways You Can Become Healthier,
Stronger and More Active**

ALSO INSIDE:

7 Tips You Can Do On Your Own • New Year Means A New You!
Patient Success Spotlight • Staff Spotlight • Exercise Essentials



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7 Ways You Can Become Healthier, Stronger and More Active

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Soleil Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regard to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.



7 Tips You Can Do On Your Own

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Soleil Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and at home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portions.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Soleil Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Soleil Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

Are you ready to become your best self? Then talk to one of our physical therapy specialists today. Contact us today for a consultation at 617-376-3232! We will help you live a more active lifestyle!

致電617-376-3232, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Call For Your Appointment Today! (617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum)



Happy New Year!

New Year Means A New You!

Let Quantum Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at Quantum Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and

conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.



Christine Hatton
Office Manager

Born in Washington DC and raised in Brooklyn, New York, Christine received her Degree in Applied Sciences from the Fashion Institute of Technology. She worked within the restaurant and hospitality industry for over 13 years gaining experience in customer service, team training and business development and Management. After leaving the restaurant business, Christine pursued the healthcare administration field in 2016. She was hired at Quantum Physical Therapy in July 2018 and promoted this year to Office Manager.

She enjoys cooking, watching movies and loves cats.

Patient Success Spotlight

"My mom's favorite place for physical therapy. My mom wasn't able to walk! She had Patsy as her PTA. Patsy is a wonderful person. Dr. Vivian was seeing my mom every two weeks. She is very knowledgeable and cares a lot about her patients." — **Kamar R.**

Exercise Essentials Relieve Pain In Minutes!



DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

Leave Us A Review!



Scan the code with your camera app, and post your success story on our Google reviews page!

