



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

November 2023



5 Easy Ways to Make Gratitude Part of Your Daily Life

- **Mind your Manners** -- Saying please and thank you is a simple practice, but its impact is extraordinarily powerful. In a world where we often take things for granted, these kinds of simple gestures have a positive impact on others. They're infectious and best of all, they're free! Someone who is well-mannered will always make a mark and stand out in a competitive and transactional marketplace. So, if you want to be remembered for all the right reasons, mind your manners!
- **Count your Blessings** -- When you forget all that you have to be grateful for, you can easily become entitled or even drift toward a negative mindset -- and end up staying there. To remind yourself on a daily basis how much you have to be thankful for, begin every morning by listing 3-5 things you are grateful for. It is a uniquely powerful ritual because, before the day even gets started, you have already tapped into a positive mindset.

- **Appreciate the Simple Things** -- No matter what challenges you experience in life, there's always something to be grateful for. Embracing gratitude has nothing to do with what you have or what you don't have. The truth is, if you focus on being grateful for even the simplest things, such as the beauty of nature or wildlife in your own backyard, you will be gifted the ability to see the wonder of life through the eyes of a child again.
- **Learn to Give & Receive** -- Many people find it easier to express gratitude than to receive it. It can sometimes feel awkward to accept others' thanks or appreciation, but it's important that you learn to receive gratitude to grow. Gratitude can do wonders for communication between people, helping to build strong bonds that last the test of time. Encourage, acknowledge, and embrace it wherever and whenever you can.
- **Spread the Love** -- Gratitude is contagious! Let people know how much you appreciate and value them. There's no point being grateful and staying quiet about it -- if you're feeling thankful for someone in your life, don't keep that to yourself -- express it!

Monthly Motivation >>>

"ONE DAY YOU WILL THANK YOURSELF FOR NEVER GIVING UP."

www.fit.health

BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 7:30-8:30 & 11:30-12:30

Where: Royal Palm/Grand Cypress Rooms

Cost: \$5 - payable by cash, check, or Venmo at time of class



*Some classes will not meet due to Town Center Events.

For up-to-date calendar, visit www.fit.health/groupfitness

Join US!

Walking: The Most Underrated Way to Improve Your Health

How many steps a day should you aim for?

A study was done looking at 16,000+ women ages 62 to 101. Between 2011 and 2015 they wore step trackers during their waking days. Key findings from the study: sedentary women averaged 2700 steps a day, women who averaged 4400 daily steps had a 41% reduction in mortality, and mortality rates progressively improved before leveling off at 7500 steps per day. The recommendation is 6000 to 8000 steps a day. Longevity aside, why else should you get out and start walking?

- **Walking Boosts Brain Health**

- Moderate paced walking stimulates the release of a protein called brain derived neurotrophic factor (aka “BDNF”) that protects existing brain cells while creating new ones.
- Walking increases the flow of oxygen and nutrients to the brain, which can make you more creative.
- Walking also helps to improve your mood and decrease stress with the release of feel-good neurotransmitters like serotonin, dopamine, and endorphins into your bloodstream.
- Walking protects your brain from decline. A study found that people who walked more than 4000 steps a day had healthier brain tissues in the areas responsible for memory, learning, and cognitive function. It has also been shown to protect against Alzheimer's and dementia.

- **Walking Speeds Up Recovery** -- One of the best ways to help your body recover faster, whether it's from an injury or a workout, is to take a walk. Most people think that doing nothing is the best way to recover, but the hard truth is it slows recovery. Walking also helps stimulate blood flow, aids in eliminating toxins, increases digestion, keeps your muscles pliable and flexible, and reduces DOMS (delayed onset muscle soreness) after a workout.

You were born to move and not doing so is detriment to your health. If you're getting less than 3000 steps a day, aim to get at least 2000 more than you are right now. It will improve your body and mind while helping you live longer and become more creative. Do yourself a favor right now, go for a nice walk outside. You won't regret it.



HAPPY
thanksgiving

*From Meghann + Damian
FIT Health + Wellness*





Ingredients

- 2 lbs fresh green beans
- 2 tbsp olive oil
- 1 small yellow onion, finely diced
- 10 oz cremini mushrooms
- 5 cloves garlic, minced
- 1 tsp salt
- 1 tsp pepper
- 1/4 tsp nutmeg
- 2 tbsp parmesan cheese
- 1/2 cup chicken broth
- 1 cup whole milk (or unsweetened almond milk)
- 2 tbsp arrowroot powder
- 3 tbsp chicken broth
- 2 tbsp olive oil
- 5 shallots, sliced into rings
- 1/4 cup parmesan cheese

Instructions:

1. Preheat oven to 350F.
2. Add green beans to boiling water for 6-7 minutes. Drain and rinse with cold water.
3. Heat olive oil over medium-high heat. Add onion and mushrooms and cook for about 5 minutes or until softened. Add in garlic, salt, pepper, and nutmeg. Stir in parmesan cheese.
4. Add in chicken broth and milk.
5. In a separate bowl, whisk together arrowroot powder and chicken broth. Pour into onion and mushroom mixture. This helps thicken the sauce over the next several minutes.
6. Once thick, pour 1/4 of the sauce mixture into the bottom of an 8x11 baking dish.
7. Add all of the green beans to the dish and then add the rest of the sauce mixture on top.
8. Bake for 40 minutes.
9. While baking, heat olive oil and cook shallots over high heat for 4-5 minutes or until golden brown. They will burn easily so keep your eye on them. Drain on paper towel.
10. Once casserole is done, add crispy shallots and parmesan cheese to the top.

yum



Did You Know...?

- **One of the most underrated exercises to alleviate back pain is the glute bridge.** Your glutes should be one of the strongest muscles in your body, but due to desk jobs and long periods of sitting, they get weaker. This puts more pressure on the lower back to support the body, causing low back pain. A simple set of 8-12 reps before or after sitting down can be enough to “wake up” your glutes so they stay activated. Make sure to focus on your butt muscles, squeezing at the top of the movement for 5 seconds. Your low back and body will thank you.



- **Losing 10 pounds of belly fat can add 10 years to your lifespan.** Belly fat is not just about vanity. Visceral fat, or belly fat that wraps around and in between your organs inside your abdomen and causes a protruding belly has some serious health risks. It leads to chronic inflammation which can result in diabetes, heart disease, stroke, dementia, hormonal issues, gut health issues, and mental health problems. Losing dangerous belly fat is critical for your overall health. Eating more protein and whole foods, early morning movement (walking), strength training, intermittent fasting, reducing bad fats, and proper sleep are all great belly fat-burning strategies.
- **Craving junk food may be masking dehydration and electrolyte imbalance.** When we eat food we enjoy, we trigger a dopamine release in our brain. Our hunger and thirst centers are next to each other in the paraventricular nucleus of the hypothalamus. This is why we often confuse hunger and thirst signals. The more we trigger the dopamine release from ultra-processed foods, the more we train our nervous system to desire sweet or salty foods instead of good hydration. When you get that craving, reach for some water instead!



recommendations & referrals are the core of our businesses and always greatly appreciated!

THE VILLAGE WATCH
— Home Watch | Handyman Services —

www.thevillagewatch.com



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Our Services:

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Jumpstart Your Health

... with one of our new wellness packages!

PERSONAL TRAINING (30 MIN.)*	PRICE
1 Session	\$30/session
5 Sessions	\$28/session
10 Sessions	\$26/session

PERSONAL TRAINING (60 MIN.)	PRICE
1 Session	\$50/session
5 Sessions	\$48/session
10 Sessions	\$46/session

PHYSICAL THERAPY (60 MIN.)	PRICE
1 Session	\$65/session
3 Sessions	\$60/session

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 *Some personal training clients may require a 60 min. integrated evaluation to assess movement capabilities PRIOR to beginning their exercise program **(\$50)**

*Wellness packages are non-refundable, with payment due by the first scheduled session

Getting Started:

- Schedule your 60 min. initial consultation -- FREE!
- From there, we can recommend a program above that addresses your specific needs & fitness goals.



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