

F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

June 2023



The Psychology of Healthy Habits

Most of us know about the physical and mental health benefits of exercise, but feel it is difficult to find the motivation to establish a routine due to poor outcomes and frustration. If you are exhausted just thinking about all of the changes required to “get healthy,” you are NOT alone! Through the application of psychological principles, you can use these various tips to help you overcome mental barriers and restore confidence, resulting in improved resilience.

Your goals are too outcome-based: Establish a more process-oriented approach to your goals. Break your long-term goal down into smaller and more regular routines or habits. For example: maybe your daily routine is to meditate for 10 minutes each morning, or go for a 20-minute walk each day at lunch. Because these daily routines are much smaller and more doable, you are far more likely to feel encouraged by them, which will end up increasing your motivation. If you keep your focus on the small routines or habits, when done consistently, will reach your long-term goal.

Use mindfulness techniques: Distractions along the journey to improve physical and mental health can hamper your success in embracing a healthy lifestyle. When it comes to your health, you must become the priority. Taking care of yourself is the opposite of being selfish, as it strengthens and enables you to support your loved ones better. We are no use to anyone if our energy is depleted because we have given every last bit of it away. Self-care is an antidote to stress, as it builds resilience so we can better cope with challenges. Live in the moment, accept yourself, and focus on breathing.

One thing at a time: Eliminate negative thoughts and substitute them with positive self-talk, focus, and concentration. When it comes to establishing goals, focus on modifying one aspect at a time – do not implement several changes to your routine at once, or you are setting yourself up for further set-backs. One healthy habit will lead to another. Consistently completing small tasks encourages achievements to help keep you moving forward – a 1% improvement each week is still progress!

www.fit.health

BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 10:30-11:30

Where: Royal Palm Ballroom

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



Monthly
Motivation:

"Your strongest muscle
and worst enemy is your
mind – train it well."



Could a "Leaky Gut" Be Impacting Your Health?

What is leaky gut?

- Leaky gut syndrome is when the tight junctions that hold your intestinal wall together become loose. While it's naturally semi-permeable, certain factors can punch large holes in your intestinal wall, allowing toxins, microbes, and undigested food particles to escape into your bloodstream.

What are the most common leaky gut symptoms?

- Digestive issues such as gas, bloating, diarrhea, or IBS, food allergies or intolerances, brain fog or mood imbalances, and autoimmunity are all symptoms

What are the main causes of leaky gut syndrome?

- The high prevalence of gut problems is a direct result of our modern lifestyle. The toxic and inflammatory foods we eat, medications, infections, and chemicals our bodies are exposed to and the chronic stress many of us are under every day are the cause of symptoms.

What foods should you avoid if you have leaky gut syndrome?

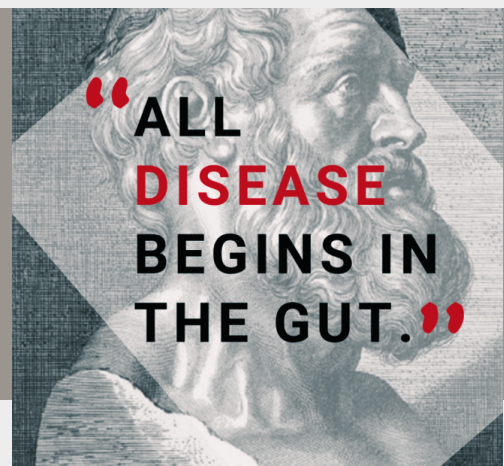
- Gluten is the number one culprit. Going gluten free is often a solid first step to healing a leaky gut. Other inflammatory foods such as dairy, grains, pseudo-grains, and nightshades (tomatoes, eggplant, peppers), along with toxic foods such as sugar, alcohol, and GMOs are key contributors to symptoms.

How do you treat leaky gut?

- Remove -- all inflammatory foods (gluten, dairy, soy) and toxic foods (sugar, caffeine, alcohol)
- Repair -- supplement with digestive enzymes, collagen, aloe, and L-glutamine to heal gut lining
- Re-inoculate -- restore beneficial bacteria with high quality probiotics

How do I know if my leaky gut is repaired?

- Once you've followed a protocol to repair your gut, your symptoms (or lack of them!) are the strongest indication of whether or not your gut is healthy. You might notice your digestive issues disappear, food sensitivities go away, skin issues clear up, or autoimmune labs improve.



Featured Recipe

Summer Strawberry Spinach Salad



Ingredients

- 2 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1/4 c. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 5 c. packed baby spinach (5 oz.)
- 2 rotisserie chicken breasts, cut into 1/2" pieces
- 2 c. thinly sliced strawberries
- 3/4 c. chopped toasted pecans
- 1/4 small red onion, thinly sliced
- 5 oz. feta, crumbled



Instructions

- Step 1 -- In a large bowl, whisk the lemon juice with the mustard. While whisking, slowly pour in the oil until the dressing is combined. Season with salt and pepper.
- Step 2 -- Add spinach, chicken, strawberries, 1/2 cup pecans, and onion to the bowl with the dressing and toss to combine.
- Step 3 -- Pile salad onto plates and top with the remaining pecans and a generous crumbling of feta.

OUR SERVICES

NEW!

	PRICE
Personal Training (30-min. session)	\$30
Personal Training (60-min. session)	\$50
Rehab Therapy (60-min. session)	\$50-\$65

"I can't control everything in my life, but I can control what I put in my body."

Did You Know...?


Grip strength is closely linked to chronic disease and all-cause mortality, and may be a better indicator of life expectancy than blood pressure.

A recent study of 1,275 men and women found that those with relatively feeble handgrip strength, a reliable marker of overall muscle quality and strength, showed signs of accelerated aging of their DNA. The study, although preliminary, raises the possibility that progressive strength training might help turn back the clock and make our cells and selves more biologically youthful, whatever our current age.

Why grip strength matters: A wealth of research already tells us that strength training is good for us. People who lift weights are substantially less likely to develop heart disease, high blood pressure, and many other chronic illnesses than those who skip resistance exercise. In a study of almost 140,000 adults, reduced handgrip strength was closely linked to an increase in mortality rates, predicting risks for early death better than blood pressure, which is often considered one of the best indicators of life span.

Aging is indeed a complex, multidimensional phenomenon that manifests differently between individuals throughout the lifespan and is highly conditional on interactions between genetic, environmental, behavioral and demographic characteristics. However, there is a large body of evidence linking musculoskeletal weakness, as determined by low grip strength, to a host of negative aging-related health outcomes including diabetes, physical disability, cognitive decline (including Alzheimer's disease), and early all-cause mortality. Given these findings, grip strength has been labeled a biomarker of aging.



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

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