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SEPTEMBER 2024

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# GO PHYSICAL THERAPY

“Let’s Keep Going”

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## What's inside this issue:

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- Core strengthening
- Hydration
- Tailgating



## EXERCISE TIP OF THE MONTH: STRENGTHEN YOUR CORE

A strong core is essential for overall stability and reducing the risk of injury. Here’s a simple but effective exercise you can do at home:

### **Plank Hold:**

1. Start in a push-up position, but with your weight on your forearms instead of your hands.
2. Keep your body in a straight line from your head to your heels.
3. Engage your core by pulling your belly button toward your spine.
4. Hold this position for 20-30 seconds.  
Gradually increase the duration as you build strength.

Tip: Keep your hips level and avoid sagging or lifting them too high.

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## HEALTHY LIVING: STAY HYDRATED!

Hydration is key to maintaining your overall health and aiding in recovery. Here's a quick tip to ensure you're drinking enough water:

**Infuse Your Water:** Add slices of fruits like lemon, cucumber, or berries to your water for a refreshing twist. It's a great way to encourage yourself to drink more throughout the day.

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## TAILGATING... HEALTHY???

Tailgating doesn't have to derail your healthy eating goals—there are plenty of ways to enjoy the festivities while staying on track. Start with lean proteins like grilled chicken or turkey burgers, and opt for whole grain buns to boost fiber. Load up on colorful veggies with a side of hummus or a fresh veggie platter for a nutritious crunch. Swap out sugary drinks for sparkling water with a splash of fruit or make a homemade, low-sugar lemonade. And don't forget to stay hydrated and keep portions in check. With these smart swaps, you can enjoy all the fun of tailgating without compromising your health! Of course, you can always get your workout done before starting the festivities giving yourself a little more "GRACE" for the "not so healthy" choices.

*Thank you for being a part of our Go Physical Therapy community. Here's to a season of health, happiness, and continued progress!*



### Stay Connected

We'd love to hear from you! Feel free to reach out with any questions or feedback.

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