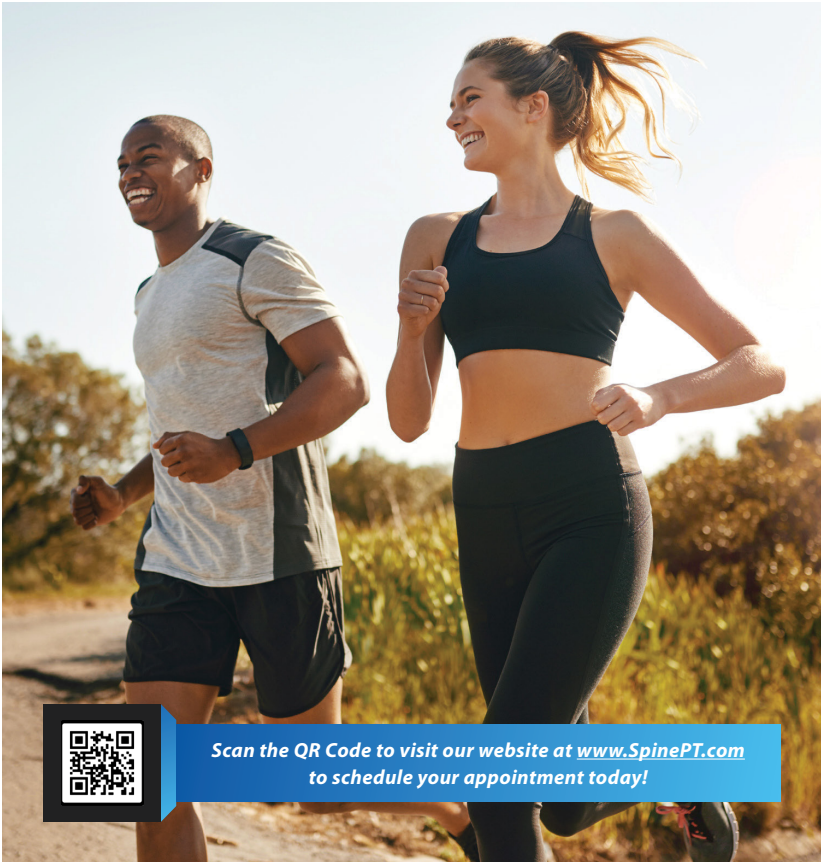


IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**STAYING ACTIVE IS THE KEY TO
FINDING MENTAL AND PHYSICAL BALANCE**

www.SpinePT.com



Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!

Staying Active Is the Key to Finding Mental and Physical Balance

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Idaho Spine & Sports Physical Therapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from Idaho Spine & Sports Physical Therapy physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call (208) 939-0533 today to make an appointment!



Mental and Physical Balance

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.



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5 Tips for Finding Balance

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

1. Exercise

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

2. Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

5. Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.



Sources:
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Contact Our Clinic Today

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Idaho Spine & Sports Physical Therapy can help you achieve improved balance and a healthy lifestyle.

Exercise of the Month

Standing March



Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.



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Refer A Friend Prize Drawing!

JULY 1ST - SEPTEMBER 30TH

Enter a chance to win!

Back and Neck Massager-3D
Kneading Deep Tissue Massage
Pillow with Heat for Muscle Pain
Relief

Each time you refer a friend or
family member!



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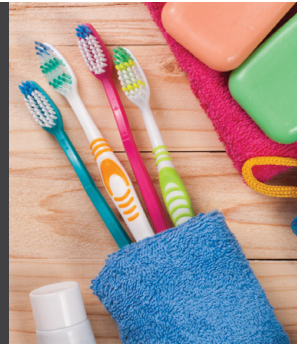


Back to School Hygiene Drive

Collecting Personal Health Products For Students and Families in Need!

Join us for our Back to School Hygiene Drive! We are dedicated to supporting students and families in need by collecting personal health products. Help make a difference by donating items such as shampoo, conditioner, body wash, deodorant, and other essential hygiene products. Together, we can ensure that every student starts the school year with the necessary supplies for a healthy and confident start. Join us in making a positive impact in our community!

Please drop off items anytime during 7/10 - 8/11, 9AM - 5PM at any one of our four locations.



Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Phone Number (208) 939-0533
Fax Number (208) 939-3341
Clinic Hours Monday - Friday | 7AM - 7PM

