

NEWSLETTER

FEELING GOOD FROM THE INSIDE-OUT: HOW & WHY EXERCISE AFFECTS MOOD

BY CASEY JACKSON AND SAMANTHA REAM, M.ED., ED.S.

Exercise can positively affect your health in a myriad of ways, including improvements in strength, stability, and endurance. Evidence suggests that there are also mental benefits of participating in exercise, such as the reduction of stress and even depression and anxiety. People often say that participating in physical activity 'releases endorphins' to explain why we feel so good after we finish running a mile or completing a set of squats, but what does that really mean and how does exercise lead to these long term benefits in mood?

The neuroscience of exercise & mood

When we exercise, we are deliberately inducing a state of stress in our bodies. In response, the human body releases neurochemicals and neurotransmitters to continue to function. The neurochemicals are endorphins, and they help our body perceive less pain and discomfort during strenuous exercise as they bind to the opioid receptors in our brain, which has a very similar effect to morphine on the body. Neurotransmitters such as norepinephrine, dopamine, and serotonin are engaged in the 'fight or flight' response that we are creating by exercising. Norepinephrine increases heart rate and activates the release of glucose to be broken down for energy, dopamine combats norepinephrine by dilating the blood vessels to increase blood flow, and serotonin regulates

many processes in the body, including emotional response.

Which type of exercise has the greatest 'happiness potential'?

Any form of exercise has the potential to create that 'runner's high', as long as you are engaging the fight-or-flight response by increasing your heart rate. Whether your go-to exercise is a brisk walk, a long bike ride, or hitting the weight room, physical activity can make you feel good from the inside out - you just need to get moving! It is very important to pick activities that you enjoy or you will dread working out. Getting a friend or family member involved will help hold you accountable while adding companionship – an instant mood boost! You may want to look into joining a group class or an organized sport. To keep things interesting, mix it up – alternate quiet activities like walking and gardening with heart pumping ones like cycling and dancing. If you have pain when you work out, try a low impact activity like swimming, yoga, or Tai Chi.

If you feel stuck in your current workout routine, or if you need help getting started, we are here for you! **Call (352) 747-9992 to schedule an evaluation with one of our licensed physical therapists or licensed massage therapists today.**

NEWSLETTER

STAYING ACTIVE IS THE KEY TO

FINDING MENTAL & 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. ReQuest 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 ReQuest 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 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



SEEK REAL RELIEF!

FREE BACK PAIN SCREENING

BIG DEAL

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PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.
Offer expires 04/27/23

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 are 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.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP YOU KEEP YOUR BALANCE

(continued from outside)

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.

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 ReQuest Physical Therapy can help you achieve improved balance and a healthy lifestyle.

<https://journals.sagepub.com/doi/abs/10.1177/1049732310379240>

https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full?utm_source=miragenews&utm_medium=miragenews&utm_campaign=news

<https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1548567>

<https://internal-journal.frontiersin.org/articles/10.3389/fpsyg.2020.607294/full>

<https://link.springer.com/article/10.1186/s40359-014-0055-y>

<https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhrj>

CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!

IN THE KITCHEN WITH GARRETH

LEMON PAPRIKA BRUSSELS SPROUTS & LEEKS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 3 C Brussels sprouts, trimmed & blemished outer leaves discarded, each cut in half
- 1 ½ C leeks or onion, sliced
- 2 tsp. vegetable broth or extra virgin olive oil
- 2 tsp. smoked paprika or to taste
- 1 tsp. cumin or to taste
- 1 tsp. cinnamon or to taste
- Dash of salt
- Fresh ground peppercorns, to taste
- 1 lemon, cut into wedges

DIRECTIONS

Preheat oven to 400°F. Line baking pan with parchment paper. If you don't have any, lightly spray baking pan with thin film of non-stick cooking spray. In a large bowl, toss the vegetables with broth or oil to coat. Pour off excess broth or oil. Toss in seasonings. Spread veggies in single layer evenly on baking pan. Bake 10 minutes or until sprouts and leeks are tender. Garnish with lemon wedges and ground peppercorns.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.





WHY REQUEST?

“The place is clean, polite, and professional. The staff is very knowledgeable. It is like being at a 5-star resort!”



KIRI KRISHINGER
PT, DPT, PCES
Call today to schedule!
(352) 747-9992

LEVEL UP YOUR HEALTH!
**SCHEDULE AN
APPOINTMENT**

Are you in pain?

Have you sustained an injury?

Give your physical therapist a call today!

GAINESVILLE: (352) 747-9992

TIOGA CENTER: (352) 670-3461

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PHYSICAL THERAPY

requestphysicaltherapy.com

WHO DO YOU KNOW THAT NEEDS
OUR HELP?

REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Schedule a free pain screening



2. Discover why your pain has come back



3. Get your custom recovery program

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WALKING SUPPORT GROUP

Walk and chat with your therapist! This group is for women in any stage of cancer treatment, recovery, or survivorship.

Build community, get some fresh air, and ask any questions you may have.

Meet in the lobby of ReQuest (Main Center)

**2nd Tuesday of each month at 10am
4th Tuesday of each month at 4:30pm**

**No registration needed.
Call (352) 747-9992 for more info.**



DID YOU KNOW?

"People who do not smoke, have a body mass index lower than 30, exercise for more than 3.5 hours per week, and eat many fruits, vegetables, and whole grains can reduce the risk of chronic illness like diabetes, heart attack, stroke, and cancer by an average of 80%."

– Archives of Internal Medicine



THERAPIST SPOTLIGHT

MACY, PT

Macy is the newest addition to our Tioga clinic! Her favorite thing about being a physical therapist is helping patients progress from not being able to do an activity to being able to doing it well and without pain. In her free time, Macy is an avid runner (she completed 3 half marathons in 2022!!!) and downhill skier.

Words of wisdom from Macy -
"A little bit of movement goes a long way!"

Exercise Essentials

Try these exercises to keep you moving...

ROMBERG BALANCE

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat.

Improves balance



HALF TANDEM BALANCE, CHAIR

Start by standing upright next to a chair. Place your hand on the back of the chair for balance and then place your feet together so that your toes of one foot are right next to your arch on the other foot. Remove your hand from the chair and balance in this position. Hold for 30 seconds.

Improves balance



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune- Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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