



## HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At ReQuest Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place – and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

### What It Even Means to “Be Healthy”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

### Simple Tips for Healthy Living from the ReQuest Physical Therapy Physical Therapists

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood,

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and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!

- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that’s varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.
- 5. Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

## Physical Therapy’s Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we’ll create a customized program that addresses your unique needs.

## Find Good Health with ReQuest Physical Therapy!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

**ReQuest**  
PHYSICAL THERAPY



**CLICK HERE TO  
SCHEDULE YOUR  
APPOINTMENT  
TODAY!**



## WHY REQUEST?

“Due to a back injury I have had to get massages for over 5 years. I have had at least 15 massage therapist. David at the West Newberry location is by far the best therapist I have ever had. He is professional, and excellent at his job.” -Kelly M

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FREE PAIN SCREENING

# ReQuest

PHYSICAL THERAPY

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

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.  
Expires 04-30-24



## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

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GAINESVILLE

★ REVIEW US  
TIOGA

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# EXERCISE & DAILY ROUTINES

Regular exercise is crucial to so many aspects of your health. It can prevent chronic health conditions like cardiovascular disease or diabetes, help you stay mobile well into old age, and even regulate your emotions.

Unfortunately, your workouts are often the first to slip when life gets busy. It can also be challenging to begin a regular exercise routine, especially if you have to fit it into an already jam-packed schedule.

The good news is that you don't have to work out like a professional athlete to reap the benefits of staying active. In fact, a few simple strategies can increase your daily activity levels—no matter how busy you are!

### 5 Easy Tips for Sneaking in Physical Activity

1. Park at the far end of the parking lot, so you have to walk a little further to get to the store.
2. Take the stairs whenever possible.
3. Do some stretches or core exercises while you're watching TV.
4. Go for a quick walk around your building during your lunch break.
5. Try a micro-workout. Micro-workouts are short, 10-minute circuit-style workouts that pack a big punch. Keep a set of dumbbells by your desk and work out on your break!

## HEALTHY RECIPE

### NUT/SEED MIX

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

#### Ingredients

- 1/2 cup raw pecans
- 1/2 cup raw walnuts
- 1/2 cup raw almonds
- 1/2 cup raw pecans
- 1/2 cup raw cashews
- 1/2 cup raw pepitas

#### additional stir-ins

- raw sunflower seeds
- raw macadamia



#### Directions

1. Pour all ingredients into a bowl and stir well or into a jar with a lid and shake well.
2. Daily measure out 1-2 servings (1/4-1/2 cup) to eat throughout that day or go ahead and distribute into small to go containers.
3. Enjoy!

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APRIL

# CLINIC NEWS

## MEET OUR STAFF - TAYLOR P.



**Taylor Piccoli - Exercise Specialist**

Taylor is a Health Education and Behavior Master's student at the University of Florida. She will be graduating soon and plans to continue on in her educational journey to become a doctor of physical therapy.

As an exercise specialist, Taylor loves interacting with patients and helping them get back to better health! She values the importance of physical activity, nutrition, and overall wellness. Taylor always leaves her shifts with a smile knowing that she has made a positive impact on someone's life!

In her free time, Taylor enjoys running, weightlifting, CrossFit, and playing tennis. She has been an athlete since she was eight years old, participating in soccer and tennis. Taylor is a true Florida Gator at heart and loves attending tennis, football, basketball, and baseball games. At home, she has two golden retrievers, Divot and Molly, and a younger sister who is also at UF studying geology.

## 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 PT  
(attached to Main GHF)  
2nd Tuesday of each month at 10am**

**ReQuest**  
PHYSICAL THERAPY



**The next Walking Support Group will be  
Tuesday, April 9th. Please meet at 10am in  
the lobby of our main center clinic.**

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# CLINIC NEWS

## welcome TO THE FAMILY

We are so excited to announce these new additions to the ReQuest PT family. Our Tioga PT, Jerry, gained a daughter-in-law and our exercise specialist, Santiago, welcomed baby girl Stella Louise.



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