



## How We 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 OSR 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.”



**We Can Help you Heal.  
Call 1.480.360.3921 Today!**

# Simple Tips for Healthy Living This New Year

- 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, 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 OSR 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/> · <https://www.who.int/about/governance/constitution> · <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

## Happy New Year!

### Start 2024 Off Strong With OSR Physical Therapy!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let us help you on your journey to becoming strong, healthy, and active in 2024.

**Call 1.480.360.3921 To Get Started!**

## Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

# WE ARE HIRING



## OPEN POSITIONS

- Physical Therapist
- Physical Therapist Assistant



SEND YOUR RESUME TO  
[careers@osrphysicaltherapy.com](mailto:careers@osrphysicaltherapy.com)



**Want to improve your health?  
Call 1.480.360.3921 Today!**

## Success Spotlight



*My shoulder rehab was a huge success thanks to their encouragement and expertise.*

— Kathi

"All of the therapists and assistants in this office truly care about their patients. They take the time to understand both the needs and the goals, and provide so much support throughout the process. Regular check-in's on goal progress are part of their routine. The atmosphere is friendly and caring. I often have difficulty understanding or remembering the exercises, but there is always someone ready to assist, and they even provide detailed information either online or printed out for your at home routine. Highly recommend."— **Kathi**

# Thank You!



**Thank you to our wonderful Friends, Family, Staff, and Patients for making 2023 such a wonderful year. We are very excited for all that 2024 will bring!**

[OSRPHYSICALTHERAPY.COM](http://OSRPHYSICALTHERAPY.COM)

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