A photograph of a man in winter attire, including a knit beanie, a thick scarf, and a heavy jacket, smiling and looking to the side. He is standing in a snowy, outdoor setting. The background is a bright, slightly blurred landscape.

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



STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

Are there times where 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. Elliott 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 Elliott 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 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.



5 WAYS PHYSICAL THERAPY CAN HELP YOU KEEP YOUR BALANCE

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

- **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!
- **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.
- **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.
- **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.

- **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 Elliott Physical Therapy 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 therapist at Elliott Physical Therapy can help you achieve improved balance and a healthy lifestyle.


Sources:
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EXERCISE ESSENTIALS

Helps increase stability, improve balance and strengthen leg muscles

SINGLE LEG STANCE - FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.

EXERCISES COPYRIGHT OF
 SimpleSet Pro
WWW.SIMPLESET.NET

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



Come Back To Elliott Physical Therapy
Call us or visit www.elliottphysicaltherapy.com

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PHYSICAL THERAPY

STAFF SPOTLIGHT



Meet Erin Vecoli PT, DPT, a physical therapist from our North Attleboro location. Erin graduated from Rutgers with a doctorate in physical therapy and has been working at Elliott Physical Therapy since October 2016. She is a current dancer and runner, who enjoys hiking and traveling in her spare time. Throughout her professional career, Erin has developed special interests in treating pediatrics, post-concussion, vestibular, and balance and equilibrium disorders.

Aligning with our company's mission to build healthier communities, Erin has developed a Balance and Falls Prevention program at the local council on aging center in North Attleboro. She has done this through educational seminars and practical tests to highlight areas of concern that lead to increased fall risk in the elderly population. She teaches attendants the ways in which physical therapists can help to improve strength, endurance, flexibility, coordination, and awareness, to enhance their balance and best keep them active, functional, and independent.

"It has been a great pleasure to meet each of the individuals that have attended my class throughout the years; and to truly see how much they appreciate the time spent with them to keep them moving and safe. They bring wonderful energy and a desire to learn how, not only how I can help them, but how they can help themselves; which is one of the most rewarding and motivating components of being a physical therapist."

It's never too early to start thinking about your future and your safety. If you are interested in balance and fall prevention screening to identify your risk of falls, please contact Erin, at our North Attleboro clinic 508-316-0559 or call one of our other clinics which is convenient to you.

Erin is available Monday through Friday and can be reached at erin@elliottphysicaltherapy.com

FROM OUR KITCHEN TO YOURS

NO-BAKE CHOCOLATE PEPPERMINT BALLS



- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or nut-free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

DON'T DELAY — COME BACK TO PT TODAY

FREE TELEHEALTH OR IN-CLINIC CONSULTATION

Schedule your FREE telehealth or In-clinic consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

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

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PHYSICAL THERAPY

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