



**YOU CAN BECOME  
HEALTHIER, STRONGER  
AND MORE ACTIVE**

**ALSO INSIDE**

**7 TIPS YOU CAN DO ON YOUR OWN  
EXERCISE ESSENTIALS • HEALTHY RECIPE • PATIENT SPOTLIGHTS**

# YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

**Physio**plus  
health group

## **Become Healthier, Stronger and More Active**

Everyone desires to be healthier, stronger and more active. However, you can often feel like it is difficult to attain these goals because of pain, injuries, or failed diets.

Aches, pains, and injuries - all of these contribute to an unhealthy you. Pain increases bad chemicals in the body and overall levels of stress. This affects your endocrine system, which regulates the hormones in your body and controls almost everything.

Most muscle and joint pains can easily be treated by our specialized physiotherapists. Our experts have the right knowledge and the time to listen, evaluate, and guide you towards a pain-free, healthier lifestyle. Call us today to learn more and start a new chapter on a healthier you!

*Are you looking for assistance with increasing your health, strength, and physical activity?  
Call us today to begin your new chapter toward becoming a healthier you!*

## **What Does It Take To Be Healthier?**

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. It doesn't mean you have to look like a supermodel. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

## **Strength and Flexibility**

There are approximately 642 skeletal muscles in the body, and muscle strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you, means a healthier you. Relieving joint or muscle pain and guiding you on proper exercise is part of our specialized physiotherapy treatments. Call us to learn more.

**HAS YOUR BACK PAIN COME BACK?  
CALL (647) 484-3345 TODAY!**

[www.physioplushealth.com](http://www.physioplushealth.com)

# 7 TIPS YOU CAN DO ON YOUR OWN

*to become healthier, stronger and more active!*



Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

## 1. Taking care of aches and pains.

Don't let these long-term problems linger. Get professional help!

## 2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

## 3. Get out and move.

Exercise regularly. At least walk every day. .

## 4. Nutrition and portion control.

Keep your intake of food nutritious and at a comfortable level. Chew your food more thoroughly and you won't feel like you have to eat so much.

## 5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

## 6. Breathing!

Work on your deep breathing to increase oxygen intake and get your lymphatic system moving.

## 7. Get enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine so you go to bed and wake up on a regular cycle. This helps your endocrine system.

## Contact Physioplus Health Group today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Physioplus Health Group would love to help you live your highest quality of life. **Contact us today to begin your new chapter toward becoming a healthier you!**

Call (647) 484-3345

## GIVE US A SHOUTOUT!

*We Want To Hear Your Success Story!*

Click below to go to our Google Reviews page. We look forward to hearing from you!

CLICK HERE TO  
REVIEW US



## EXERCISE ESSENTIALS

*Helps with knee and hip pain!*

### IT BAND STRETCH — SIDELING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds..



Call (647) 484-3345 to schedule your consultation today!



## PATIENT GRADUATION! CONGRATS DAVID!

# PATIENT SPOTLIGHTS

**"I am now able to exercise regularly and my range of motion improved in a short period of time."**

"PhysioPlus is a top notch care facility. I received exceptional service for my back pain and freezing shoulder problem. With the help of their Physiotherapist (Sarah DeBoer), Chiropractor, and Doctor, I am now able to exercise regularly and my range of motion improved in a short period of time. The office staff is also exceptional, efficient, and friendly. They follow good covid-19 protocols, which is something important to me during this time. The facility is modern and well equipped." - **M. L.**

## STAFF SPOTLIGHT



**CHRISTINE PHAM**  
Physiotherapy Resident

Christine has always been passionate about helping others and encouraging an active lifestyle, which sparked her interest in Physiotherapy.

Christine believes in an active approach combined with manual therapy to empower her patients to reach their rehabilitation goals. She is well versed in treating a variety of orthopaedic conditions, including post-surgical rehabilitation, sport-related injuries, and general muscular strains and sprains. She also has experience working with vestibular dysfunctions and concussion rehabilitation!

During her undergrad, she was an avid paddler on multiple Dragons Boat Teams, competing internationally representing the University of Toronto and Canada. She currently enjoys staying active through running, cycling, weight training and canoeing.

## HEALTHY RECIPE



## ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

### INGREDIENTS:

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

**DIRECTIONS:** Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

## ARE YOU OR SOMEONE YOU KNOW IN PAIN?

Did you know that we offer a complimentary 20 minute phone or virtual consultation with one of our local Toronto physiotherapists to discuss your issue, and provide honest advice about treatment options?

**CALL PHYSIOPLUS HEALTH GROUP TODAY  
AT (647) 484-3345 AND START FEELING  
BETTER.... FASTER!**

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