



STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

Sarah has been awesome. She's been able to provide physio treatments and exercises that have really improved my condition.

Read More in Another 5 Star Review inside.

**Contact PhysioPlus
Today to Find Out
How Physiotherapy
Can Help You Find
Your Balance!**

CHECK OUT

OUR NEW SPECIAL PROGRAMS! DETAILS INSIDE.

ALSO INSIDE



**SHANNON'S TOP 5 WAYS TO ENJOY TORONTO'S WATERFRONT
- 5 STEPS TO HELP YOU KEEP YOUR 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 physically, mentally, or both? Our team of physiotherapists understands the struggles to find balance in your life. PhysioPlus Health Group 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 PhysioPlus Health Group physiotherapists, 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!

**TO STAY HEALTHY
PHYSICALLY AND
MENTALLY, YOU MUST
REMAIN ACTIVE.**

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.

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

www.physioplushealth.com

5 STEPS TO HELP YOU KEEP YOUR BALANCE



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 us if you feel that your physical health or an old injury is holding you back from being active. Working with our physiotherapists at PhysioPlus Health Group can help you achieve improved balance and a healthy lifestyle.

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

ANOTHER 5 STAR REVIEW!



"I've had a truly excellent experience at Physioplus over the past few months. Since I've experienced neck and upper back pain due to being online for hours due to COVID restrictions, I needed to see someone to help with the pain. Sarah has been awesome. She's been able to provide physio treatments and exercises that have really improved my condition. Their front office staff is also very efficient, and work hard at finding appointment times that work with my schedule. I also like that they can send e-mail/text reminders of appointments, as well as e-receipts."

— Mr. G

EXERCISE ESSENTIALS

THIGH FOAM ROLL

Place foam roller beneath your hip and roll up and down your thigh using your arms. Repeat 20 times on each leg.



This exercise helps relieve tension in hips and thighs to keep you moving

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



PATIENT GRADUATION! CONGRATS SUSAN!



STAFF SPOTLIGHT



CHARLOTTE XUE REGISTERED PHYSIOTHERAPIST

Charlotte graduated from McGill University with a Master's degree and a Bachelor's in Physical Therapy. Her interest in health and fitness, along with her desire to help others has led her to pursue physiotherapy. During her time at McGill, she has practiced in a variety of clinical settings, including acute care, sub-acute rehab, and private practice while treating patients with a wide range of orthopedic conditions.

Charlotte believes in targeting the root cause of pain and discomfort to create effective and lasting changes. She utilizes a combination of education, therapeutic exercises, manual therapy, and physical modalities to help her patients achieve their goals and return to activities they love. She is committed to providing quality, individualized care to every patient and making the rehabilitation journey an enjoyable experience.

Charlotte was born in China and moved to Montreal at the age of 16. She is fluent in both English and Mandarin. In her spare time, she enjoys traveling, going for hikes, playing the piano, as well as exploring different restaurants around Toronto. She is happy to share and take any food or travel recommendations.

INTRODUCING OUR NEW SPECIAL PROGRAMS

We're excited to announce that we're now offering a variety of specialty services to address your specific needs based on your condition or diagnosis!

Our team of specialized practitioners have advanced knowledge and training that will help you overcome complex conditions and injuries.

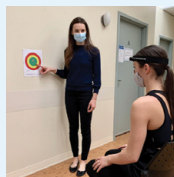
BACK PAIN RELIEF CLINIC

Is back pain interfering with your enjoyment of life? Do you have stenosis, osteoarthritis, sciatica, or herniated or degenerative discs? Our back specialists provide an evidence-based and comprehensive approach that will help you feel better and get back to doing the activities you want and love to do.



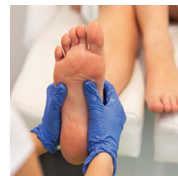
DIZZINESS, VERTIGO & BALANCE CLINIC

Vestibular physiotherapy for dizziness, vertigo & balance issues due to BPPV, post-concussion syndrome, aging-related balance issues, vestibular neuritis & more! Our certified Vestibular Physiotherapist will help you get back on your feet again!



ORTHOTICS AND FOOT PAIN CLINIC

Whether you need custom orthotics, a walking/running assessment or a shoe assessment and advice, our Registered Chiropodist will assess and treat your foot and ankle problems so you can function better. We can also provide support to your ankle and reduce the risks for further injuries.



Our special programs are customized to meet the needs of individuals at every stage of life, and every activity level, to help your body feel better, faster!

Stay tuned to learn more about our Special Programs in our next Newsletter!



Click Here for more information on our Special Programs.



6 NUTRITION TIPS FOR A HEALTHY SUMMER!

Are you aware of the true importance of nutrition? Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management.

As summer approaches, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbecues and cookouts popping up everywhere you look!

If you need some help maintaining a healthy diet this season, take a look at these 6 nutrition tips:

1. Swap out snacks for fruits and vegetables — Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish — Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Lessen your saturated fat intake — Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease?

4. Cut down on sugary drinks — With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

5. Make sure you're drinking enough water — Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. Don't forget breakfast — A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate this season and prioritize your health this summer!

We Want To Hear Your Success Story!

Visit our [Google Reviews page](#) and share your **PT Success Story!** We look forward to hearing from you!



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VIRTUAL PHYSIOTHERAPY

- Get treatment in the comfort of your own home or office
- Avoid long travel times, traffic and waiting rooms
- Reduce your time away from work
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- Save the cost of parking
- Save the cost and avoid the challenge of arranging child care

With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!

Shannon's TOP 5 WAYS TO ENJOY TORONTO'S WATERFRONT



1. Visit Toronto Island

A visit to the island is an adventure out of the city. The short ferry ride provides a lovely scenic view of the city. Once you arrive at any of the island you can enjoy a quiet and peaceful walk, hop on bike (bring your bike on the ferry or rent at the island), visit Centreville with the kids, or pop in the lake for a swim on the south side of the island. I suggest booking ferry tickets online before you head to the island. Guaranteed you return back to mainland very refreshed!

2. Paddle on a SUP

Grab your board or inflate your SUP and head to the water. SUP is easy on the back, great balance training and a good workout. Some folks even practice yoga on a SUP! Rentals are available in Budapest Park, Cherry Beach and Toronto Islands.

3. Enjoy a Kayak or Canoe Ride

Kayaking and canoeing down the Humber River provides a quiet glimpse into nature with frequent deer, beaver, swan and egret sightings. Kayaking and canoeing are easy paced activities with lots of opportunity for stunning nature photos. A local launching point that I use is Kingsmill Park. Kayak and canoe rentals are available near the Old Mill subway station.

4. Enjoy a Concert at Budweiser Stage

There is nothing better than taking in a concert by the water. It's a summer favourite!

5. Walk, Run, Cycle or Skate on the Martin Goodman Trail

This 56 km multipurpose trail stretches from the Humber River Bridge in the West to the Rouge River in the East. Enjoy the lakeshore!

