



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



# PHYSICAL THERAPY MAKES YOU STRONGER!

LEARN HOW YOU CAN IMPROVE  
YOUR HEALTH AND FITNESS  
WITH STRENGTH TRAINING

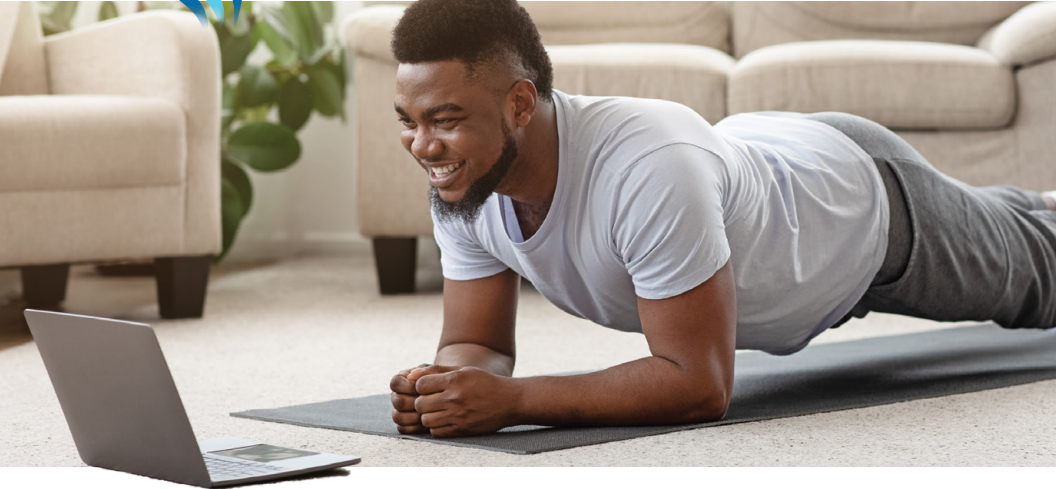
[SugarLandPT.com](http://SugarLandPT.com)

**INSIDE:** 3 Exercises for a Healthier You • Success Stories • Healthy Recipe: Blueberry Spinach Smoothie • More Workouts to Do from Home • Virtual Workshops



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Your #1 Resource for Greater Health and Wellness



## IMPROVE YOUR HEALTH AND FITNESS WITH STRENGTH TRAINING



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. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training

plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. [Contact First Colony Aquatic and Rehabilitation Center today to learn more.](#)

### Why is strength training so important?

There are approximately 642 skeletal muscles in the body. This means that your 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 strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At First Colony Aquatic and Rehabilitation Center, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Learn more by visiting [sugarlandpt.com](http://sugarlandpt.com) or call to schedule your appointment today!



# 3 EXERCISES FOR A HEALTHIER YOU

There are some exercises you can do on your own from the comfort of home, in order to complement your strength training plan and keep in shape after your sessions are over. These include:

## 1 Sit-to-Stand (Squats)

You can do this exercise using a dining room chair or another chair from around your house. Stand with good posture, with the chair behind you, making sure your feet are shoulder width apart. Keep your shoulders back and chest open. Perform a squat by sending your hips back and lowering to sit in the chair. Keep your chest lifted, heels planted, and lower back neutral. Rise up by straightening at the hips and knees. Repeat 10-30 times. To increase difficulty, perform this exercise using only an 'invisible' chair.

## 2 Angled Pushups

Angled or 'inclined' pushups are perfect for beginners or someone looking for a quick pre- or post-exercise stretch. All you need is a stable surface—your bathroom countertop, for instance.

Stand facing the countertop and place your hands on its edge, slightly wider than shoulder width apart. Keep your arms straight without locking your elbows. Bend your elbows to slowly lower your chest to the edge of the countertop. Then, push your body away from the countertop until your elbows are extended to the starting position. Continue, at the pace most comfortable to you, for 10-30 repetitions.

## 3 Resistance Band Rows

To complete this exercise, sit with good posture on an exercise mat and place a resistance band around your feet. Bend your knees and hold the handles next to your knees. Then, 'row' the band towards your stomach, squeezing your shoulder blades together. Keep your elbows close to your sides and try to keep a straight posture. Repeat 10-30 times per session.

## First Colony Aquatic and Rehabilitation Center Is Here To Help!



Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision. If you are interested in improving your health and fitness through strength training, [come back in to First Colony Aquatic and Rehabilitation Center and find out how our services can benefit you!](#) Give us a call at your preferred location today!

SUGAR LAND  
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FirstColonyAquatic  
and Rehabilitation Center

## SUCCESS STORIES

### What Our Patients Have to Say



*The staff is very attentive, friendly and professional. I went there first, three years ago after my knee replacement surgery and I was so impressed that I have been recommending them to anyone who needs physical therapy. I am going there again for my ankle pain and my therapist, Natalie, has been very helpful. She listens to my concerns and helps me with them. She has been wonderful. I would recommend First Colony Aquatic*



*and Rehabilitation Center to anyone who needs therapy." - H.P.*

## HEALTHY RECIPE

### Blueberry Spinach Smoothie

*Treat yourself to something refreshing and nutritious this week!*

- 1 cup frozen blueberries
- 1/2 cup frozen spinach
- 1 banana
- 1 tablespoon ground flax seed
- 1 tablespoon nut butter (optional)
- Almond milk (or favorite plant-based milk)



**Instructions:** Add blueberries, spinach, banana, flax seed, and nut butter into blender. Add almond milk until all other ingredients are covered (use less milk if you prefer a thicker consistency). Blend and enjoy a tasty smoothie full of fiber and antioxidants to help decrease inflammation and fortify your immune system!

MORE

# WORKOUTS TO DO FROM HOME

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



## SIDE-LYING HIP ABDUCTION WITH MINIBAND

Lie on your side with the leg you want to exercise on top. Position an exercise band above your knees. Keeping your knees straight, slowly lift your top leg up. Hold as instructed. Slowly lower your leg back to the starting position. Repeat as directed by your physical therapist.

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## HAMSTRING CURLS

This is a great exercise to do if you have a large therapy ball available for stability. To perform the exercise, start by lying on your back on a mat with the backs of your lower legs and your heels on the top of the therapy ball. Position your feet hip-width apart with your toes pointing towards the ceiling. Gently contract your abdominal muscles to flatten your low back onto the mat and extend your arms out to the side with your palms facing down to help stabilize your body.

Then, gently exhale and press your hips upwards and off the floor. Next, exhale and slowly straighten your legs, rolling the ball away from you. Finally, inhale, slowly lowering yourself back towards starting position on the mat. Continue for 10-20 repetitions.



## STAFF SPOTLIGHT: TONIA HEITZENRATER, OFFICE ADMINISTRATION

Tonia was born in Canton, OH across the street from the Football Hall of Fame. She moved to West Virginia as a child, and later graduated from Fairmont State College with a Bachelor's of Science degree. She has a double major in Management and Marketing.

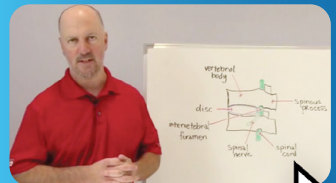
After moving to Texas a little over 18 years ago, she fell in love with the state. She has 2 beautiful daughters,

Payton and Kaelynn, whom she adores. Tonia has worked as a Medical Assistant for 15 years with an Orthopedic doctor. She joined First Colony Aquatic and Rehabilitation Center team in September 2019. Tonia is a bright light in the clinic and loves to interact with the patients.

Tonia has been going to football games since she was 2 years old and is a big fan of the Steelers and the Texans. Her favorite baseball team is the Houston Astros. Go Stros! In her spare time, Tonia enjoys watching football and baseball and spending lots of quality time with her family.

## CHECK OUT OUR VIRTUAL WORKSHOPS!

We can help you get back to your best again!



**WATCH OUR PAST WORKSHOPS AT:**

[fb.com/pg/](https://fb.com/pg/)

[firstcolonyaquaticandrehabcenter/videos](https://firstcolonyaquaticandrehabcenter/videos)