



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



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EAT YOUR WAY TO YOUR HEALTHIEST SELF

Can Healthy Eating & Exercise Really Improve Your Immune System?

It's no secret that making healthy choices, such as eating right and staying active, will help you maintain a healthier lifestyle. But did you know that there are two actions that can impact how your immune system functions, and how well you fight off infectious disease? During flu season, immune system health has never seemed more important. If you're interested in strengthening your immune system, contact us at First Colony Aquatic & Rehabilitation Center today.

Here, you will have access to individualized exercise programs and relevant nutritional advice that is based on your specific needs. Our clinic is committed to providing the best possible service to our patients, to ensure you leave First Colony Aquatic & Rehabilitation Center feeling better than when you arrived.

So, how does my immune system work?

Many factors determine how well your immune system works, such as diet, sleep, exercise, whether you smoke, and stress. While a proper diet that consists of necessary vitamins and minerals certainly

helps your immune health, be wary of claims that a single food or drink is an immune system booster.

The reality is that your body depends on a combination of many lifestyle factors to fight off infection and disease.

What does a proper diet look like, and why is it important?

All the cells in your body, including your immune cells, require certain nutrients to function properly. These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth.

A few examples of the nutrients and

- Vitamin C
- Selenium
- Vitamin D
- Iron
- Zinc
- Protein

vitamins that support immune health include:

If you're interested in improving your diet at home first, here are a few examples of healthy diets to help you get started.

- The Mediterranean Diet. This fish-heavy diet is rich in Omega-3 fatty

acids. It's also high in plant-based fats like olive oils and nuts and is great for heart disease prevention.

- A Probiotic-Rich Diet. This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This diet is excellent for gut health.
- The DASH (Dietary Approaches to Stop Hypertension) Diet. This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.

On the other hand, diets that are limited in nutrients and vitamins can harm an otherwise healthy immune system. One study published in Harvard Health showed that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E negatively affect immune responses. If you live in an area that doesn't have access to certain healthy foods, consider taking a multivitamin to lend your immune system extra support, but it's a good idea to double-check with your doctor first before taking new supplements.



HOW DOES EXERCISING IMPACT MY IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to proactively care for your immune system. As you likely know, diet and exercise are two of the most crucial parts of healthy living.

Your entire body, including your immune system, functions better when it is supported with proper nutrients and regular physical activity.

During your first appointment with a physical therapist, you may be asked to complete a few exercises or movement patterns to help your therapist identify your current fitness level. This intake appointment can also alert your therapist

to any weakened areas of your body that may be causing you pain.

You will then be prescribed a personalized exercise routine that aligns with your body and your fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Contact First Colony Aquatic & Rehabilitation Center today to get started!

By now, you may have decided that it's time to start improving your immune health. If this is the case, know that at First Colony

Aquatic & Rehabilitation Center, we are dedicated to helping you achieve this goal.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better. Contact First Colony Aquatic & Rehabilitation Center today! Visit SugarLandPT.com or call the location nearest you.

Sources: <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/> • <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system> • <https://medlineplus.gov/ency/article/007145.htm>



HEALTHY RECIPE

Garlic Parmesan-Stuffed Mushrooms

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish
- 1/3 cup brown sugar

Instructions: Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>



First Colony Aquatic
and Rehabilitation Center



SUCCESS STORIES

What Our Patients Have to Say

“ They knew what to do to get me back to being me.”

“Before I started therapy, I was losing control of my body. I was having trouble doing basic things. Since coming to First Colony Aquatic, I have been getting back to normal. They knew what to do to get me back to being me.” – Harold R.

4 HEALTHY-EATING RESOLUTIONS

Resolution 1. Eat More Omega-3s

Solution: Seek out seafood.

- Getting more foods rich in omega-3 fatty acids might just help you keep your blood pressure down. Research suggests that omega-3s can help improve your mood, which we all need a little help with in the short, dark days of winter. Aim to get two servings of fish a week, particularly fatty fish, such as salmon, sardines and some types of tuna, which are rich in omega-3s. Not a fish lover? Opt for walnuts and flax, which are good non fish sources of omega-3s.

Resolution 2. Pile On The Veggies

Solution: Get out the roasting pan.

- The majority of people don't eat the daily recommended 3 or more servings of vegetables, according to a recent report from the Centers for Disease Control and Prevention. Roasting vegetables caramelizes their natural sugars so they taste fantastic. It's an easy way to cook veggies for dinner—pop a pan of them in the oven and make the rest of dinner while they roast.

Resolution 3. Up Your Fiber Intake

Solution: Experiment with whole grains.

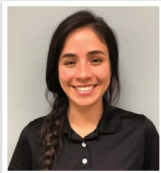
- Getting enough fiber may help prevent cardiovascular disease, type 2 diabetes and a number of cancers. And eating more fiber may help you slim down. But the average person eats about 14 grams a day—the recommended daily intake is 21 to 38 grams. One of the easiest ways to up your fiber intake is to eat more whole grains. Quinoa, whole-wheat couscous, bulgur and polenta are all quick-cooking options to add to your weeknight repertoire.

Resolution 4. Rein in Your Sugar Addiction

Solution: Make low-sugar treats to satisfy your sweet tooth.

- We eat too much sugar. We consume 355 calories—or 22 teaspoons—of added sugars a day. Luckily, you can still make treats that satisfy your sweet tooth and cut back on your sugar intake at the same time by choosing treats that are naturally sweet like fruit.

Sources: <http://www.eatingwell.com/article/33738/5-healthy-eating-resolutions-you-can-actually-stick-to/>



STAFF SPOTLIGHT

Natalie Hager PT, DPT

Natalie is originally from the small town of Port Neches, TX where she played both high school and club soccer. She suffered an unhappy triad injury (torn ACL, MCL, and meniscus) her junior year that required surgery and physical therapy. Her rehabilitation initially sparked her interest in physical therapy. After working alongside her physical

therapist, Natalie regained the skills and confidence she needed to compete at a higher level. She went on to play four years of Division I soccer at Houston Baptist University where she helped the team win the 2014 Southland Conference Tournament Championship and received her Bachelor of Science - Kinesiology degree. She graduated from University of Texas Medical Branch in Galveston with a Doctor of Physical Therapy degree in 2019. She has a heart and a passion for helping others and loves that her career allows her to do so on a daily basis. Natalie loves wakeboarding, hiking, and anything else that involves the outdoors. Natalie also loves her Senegal parrot and will pet every dog she sees. Natalie and her husband enjoy spending time with their dog, Harper!

SugarLandPT.com

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

The cost of physical therapy could be minimal or completely covered by your insurance plan.

*Now's the time to come in for PT!
Call us to schedule your appointment today
and get a head start on 2022.*

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