



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*5 Easy Ways to
Exercise This Spring!*

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HOW TO STAY MOVING THIS SPRING!

Are you ready to get active this season? It's finally spring, and there's no better time to get in shape and make sure your fitness levels are up to par. With the beautiful weather, fresh air, and sunshine, it's no wonder people wait all year for these months.

Do you want to take advantage of everything this season has to offer, but are unsure how to get started? If so, contact First Colony Aquatic and Rehabilitation Center and Sports Therapy Center today. We can help you develop a personalized fitness plan that works with your needs. And if pain is preventing you from getting active, know that we have your back there too.

The last thing you want this season is to be stuck inside on the couch, in pain, and unable to participate in the activities you love. First Colony Aquatic and Rehabilitation Center and Sports Therapy Center can help you recover from an injury or chronic condition and ensure that your spring is one to remember.

In the meantime, keep reading to learn more about how you can plan to get active outdoors in the coming warmer months!

5 WAYS TO GET MOVING THIS SPRING

The weather is finally warming up, which means it's time to get outside! If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active.

If you read through this list and see something you know you'd enjoy doing but are unable to because of a pain issue, contact our clinic to schedule a physical therapy appointment.

Take up gardening

After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this spring.

COME BACK TO PHYSICAL THERAPY | SUGARLANDPT.COM



DON'T LET PAIN HOLD YOU BACK FROM DOING WHAT YOU LOVE!

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go for a swim

Swimming is low-impact, gentle on the joints, and a good cardio workout.

Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day!

Sign up for a class at your local YMCA or fitness club to get started.

Find a hiking trail

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear to prevent ankle sprains and strains!

Go for a walk

If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body! If not, walking around your neighborhood with a friend can be just as enjoyable.

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

Try yoga

Yoga is one of the best forms of exercise a person can get, especially if you're looking for a way to increase your core strength and overall

flexibility. It offers specific poses and postures which can help soothe back pain and reduce stress.

Yoga-based rehabilitation can also help with mental and emotional health. Each session typically will include controlled breathing techniques, meditation, relaxation techniques, and yoga poses.

READY TO LIVE LIFE TO THE FULLEST THIS SEASON?

No matter what your fitness goals are this spring, the physical therapists at First Colony Aquatic and Rehabilitation Center and Sports Therapy Center can help you reach them. And if pain is holding you back from participating in the activities you love, know that physical therapy makes recovering easy.

At our physical therapy practice, we offer many types of therapeutic methods to fight pain and promote healing, so you can enjoy your time in the sun.

If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment. We can't wait to meet you!

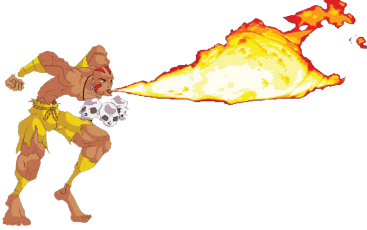
GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802** OR
ROSENBERG AT **281.559.7429**.



FirstColonyAquatic
and Rehabilitation Center

EXERCISE ESSENTIALS

Yoga Flame



Stand up as tall as possible. Breathe deeply from the belly, then thrust your chest forward as you maximally expel the fire at your opponent.

Disclaimer: Always consult your family gaming advisor prior to attempting new moves in a multiplayer game.

HEALTHY RECIPE

PROTEIN PB & J SMOOTHIE BOWL



INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

INSTRUCTIONS: Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

SERVICE SPOTLIGHT

WOMEN'S HEALTH PROGRAM

Check out our video on our Post-Partum Care Program! We can help mothers restore their body to its optimal functioning. Regain the abilities to meet the demand of your busy life.

Learn more at <https://sugarlandpt.com/physical-therapy-services/womens-health/>

Video: <https://www.youtube.com/watch?v=D17Fq28hqto>

LEARN MORE ABOUT OUR SERVICES AT [SUGARLANDPT.COM](https://sugarlandpt.com)

