

The Advance Bulletin

The Newsletter About Your Health And Caring For Your Body

How To Improve Your Immune System



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CALL US TODAY!

How To Improve Your Immune System



Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At Advance Physical & Aquatic Therapy, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

If you're interested in strengthening your immune system, request an appointment at Advance Physical & Aquatic Therapy physical therapy clinic today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

The three primary functions of the immune system include:

1. Fighting disease-causing germs

(pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.

2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol

WHAT DOES PROPER NUTRITION MEAN?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

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We want to help you get back to a full, active lifestyle!



Call Our Office

610-544-8500

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- Diabetes
- Cancer
- Alzheimer's and other dementias
- Joint degeneration and arthritis
- Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT AT ADVANCE PHYSICAL & AQUATIC THERAPY TODAY!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness level during your first



appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and 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.

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

Don't hesitate to change your year for the better; contact Advance Physical & Aquatic Therapy today!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/>

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723551/>

Schedule your APAT visits today - 610-544-8500

Exercises from the Owner, Josh Green, MPT

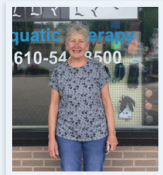
Try this movement to relieve pain in your hand



APAT Patient Success Story



"APAT helped me get back to my best. I will miss the conversations, but I have so much more knowledge they have taught me. I would recommend APAT to all of my family and friends!" -D.C.



SHOULDER SHRUGS (WEIGHTS)

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.

Make sure to consult your practitioner before beginning an exercise you are unsure of.



advanceaquaticpt.com

Share the Love!

Scan the QR Code on your smart phone and let other's know how Advance Physical & Aquatic Therapy has helped you!



Keep in touch with us on Facebook and Instagram to receive the latest updates about the clinic and information on workshops and events!



fb.com/advanceaquaticPT



tinyurl.com/AdvancePhyAqu

Seasonal Recipe

BRIANNA'S GARLIC TOFU WITH SWEET POTATOES & BRUSSEL SPROUTS

Tofu is a great way to get more protein into your daily diet, so I love incorporating it into salads, veggie stir fry's, and soups to create a balanced & filling meal! This recipe stands alone great as a meal, or you can make the mix a little extra saucy and serve over your favorite rice. You can find tofu in the refrigerated produce section or organic foods section of your grocery store!

- INGREDIENTS (serves 2-3)**
- 1 pkg Brussel sprouts, frozen or fresh
 - 1 block extra firm tofu
 - 1 red onion, finely diced
 - 2 Tbsp garlic, minced
 - 2 tsp ginger, ground
 - 2 Tbsp maple syrup
 - 1/4 c tamari sauce (or soy sauce)
 - 1 large sweet potato, cubed
 - 1 Tbsp cooking oil

INSTRUCTIONS:

Preheat oven to 450F. Press tofu to remove excess water by wrapping in a clean towel and placing moderate pressure on top with hands or cutting board. Cut tofu into cubes and arrange on a parchment-lined baking sheet. Bake for 40 minutes. While tofu bakes, place sweet potatoes and Brussel sprouts in a large, oiled pan covered on high heat, stirring occasionally, until veggies are cooked to your liking (we like them crispy!). Turn pan to down to medium heat and add red onion, tofu, garlic, ginger, maple syrup, and tamari sauce. Stir to combine and cook until onions are tender. Serve & enjoy!



5 Healthy Eating Resolutions

What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 5 ways you can eat healthier.

1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Substitute meat with tofu

Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

