



# Performance Physical Therapy

#BETTERFASTERSAFER

## STAY HEALTHY - MOVE BETTER

A guide to pain-free movement through healthy habits



### EXERCISE

**30 minutes a day, 5 days a week of moderate-intensity aerobic activity**

Try the **talk test**. If you can talk, but not sing, you're exercising at a moderate intensity.



### BALANCE

**Minimize your risk of falling**

- Practice standing on one leg for 10 seconds, 3 days a week
- Challenge your balance but do not risk falling!



### STRETCH

**To avoid injury and soreness**

Stretch all major muscle groups at least twice a week



### STRENGTHEN

**To optimize balance, stability, metabolism, & strength**

- Do exercises that make your muscles work harder at least two times a week
- Include the core, abdominals, low back and pelvic muscles.



### EAT

**The more fruits and veggies, the better**

- Eat 2-3 cups of veggies and 1-2 cups of different color fruit each day
- Choose healthy proteins, oils, and whole grains
- Drink water and avoid sugary beverages

### WALK

**Track your steps to keep your motivation**

Set your goal to 10,000 steps!

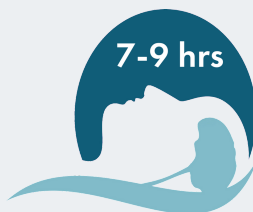


### SLEEP

**Sleeping allows your body to heal and recover faster**

7-9 hrs

- Develop a sleep routine
- Avoid electronics with blue light
- Refrain from alcohol, nicotine, caffeine, and big meals right before bedtime



### MINDFULNESS

**Don't forget your mental health**

Focused breathing and meditation improve physical health by relieving stress, improving mood, and reducing pain.



WHEN YOU'RE HAPPY AND HEALTHY, YOU REDUCE THE RISK OF...



Pain



Heart Disease



Obesity



Depression



Diabetes



Cancer



High Blood Pressure



Gastrointestinal Problems