



CHESTERTON
**PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy

JANUARY 2022

**WISHING
YOU ALL A
HAPPY NEW
YEAR!**

7 WAYS TO BE HEALTHIER, STRONGER, & MORE ACTIVE

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At Chesterton Physical Therapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease,

Continued inside.



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EXERCISES TO DO INDOORS



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter – without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

MICHIGAN CITY (219) 898-4360 | CHESTERTON (219) 926-9779
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HEALTHY RECIPE SICILIAN EGGPLANT CAPONATA



INGREDIENTS

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

DIRECTIONS Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>



7 WAYS TO BE... **HEALTHIER, STRONGER, & MORE ACTIVE**

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cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact Chesterton Physical Therapy today to find out more about how our services can help you live a healthier, stronger, and more active life!

What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at Chesterton Physical Therapy would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>, <https://academic.oup.com/ptj/article/95/10/1433/2686492>

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WORD SEARCH

See how many of the words below you can find.

- Sleep
- Strength
- Stamina
- Mobility
- Nutrition
- Hydration
- Relaxation

R H E J S M K T N M
E F Y A H H U N U O
L S S D X O R B T B
A Y T L R J J V R I
X V A R E A Y D I L
A H M A E E T X T I
T K I L N N P I I T
I C N E I L G E O Y
O C A G G W Q T N N
N T I J D D D G H X

FREE

FITNESS PHYSICAL CHECK-UP

Are you are looking to get stronger, healthier, and more active in 2022? Start the year with a FREE Fitness Physical Check Up. We have a limited number of spots available so call today to schedule your FREE check up.

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EXERCISE ESSENTIALS

Try this simple exercise to keep you moving...

Standing Hip Abduction

Lift one leg out to the side using your side-buttox muscles. Return to the start position with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.

This exercise helps strengthen your core and hips, and helps improve your posture.



VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!

Chesterton Physical Therapy NOW OPEN IN PORTAGE!

3190 Willowcreek Road, Suite A
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Call today to schedule your appointment!
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The staff at Chesterton PT celebrating
the holidays!



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Ambulatory Surgery Facilities accreditation programs help facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

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LOCATION
IN PORTAGE
NOW OPEN!**



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GET BACK TO THE LIFE YOU ENJOY — **CALL TODAY!**