

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

HOW STRENGTH TRAINING CAN IMPROVE YOUR HEALTH

ALSO INSIDE WHY STRENGTH TRAINING IS IMPORTANT
HEALTHY RECIPE

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



HOW STRENGTH TRAINING CAN IMPROVE YOUR HEALTH

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Atlanta Human Performance Center, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained Doctors of Physical Therapy can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Contact Atlanta Human Performance Center today to get started!

WHY IS STRENGTH TRAINING SO IMPORTANT?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles

not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcpt.com.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

STAY STRONG. STAY HEALTHY. STAY HAPPY.



- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG

At Atlanta Human Performance Center, our strength training programs will get you back to living a happy and healthy lifestyle. Our Doctors of Physical Therapy will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our Doctors of Physical Therapy will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

CONTACT US TODAY TO SET UP AN APPOINTMENT

At Atlanta Human Performance Center, our team of Doctors of Physical Therapy has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



GLUTEN FREE CHOCOLATE HAZELNUT BROWNIES

- 3 large eggs
- 1 3/4 cups chocolate hazelnut spread
- 1/2 cup gluten-free almond flour

Preheat oven to 350°F. Grease bottom and sides of an 8x8 baking dish. In a medium bowl, with a hand or stand mixer, beat the eggs until fluffy and light yellow, 3–5 minutes. Beat in chocolate hazelnut spread and flour until batter is smooth. Transfer batter to pan. Bake 20–25 minutes, until a toothpick inserted into center comes out mostly clean (a few crumbs are ok). Cool completely on wire rack and remove from pan using parchment paper. Enjoy!

5 HELPFUL NUTRITION TIPS FOR A HEALTHY SUMMER

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

- 1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
- 2. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
- 3. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- 4. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 5. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.



PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/Director of Atlanta Human Performance Center

Spring and Summer Exercise Tips

1. Warm up before starting a strength training workout
2. For bulk, do low repetitions and complete – 4 sets
3. For strength, do high repetitions and complete – 3 sets
4. Begin with moderate weight and increase as sets and reps become easily attainable
5. Rest a day in-between workouts
6. Eat protein to help muscle development
7. Expect noticeable gains in strength and muscle tone within 4-8 weeks



OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

HAS YOUR PAIN COME BACK?

- 1** Feel free to call us and ask to speak to your therapist.
- 2** Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3** If further assessment is warranted, your therapist might recommend you come in for an appointment.

OUR PATIENTS LOVE US!

"What brought me into Atlanta Human Performance Center was that I twisted my right knee on the football field while training. After my injury, my doctor prescribed me to come and visit Dr. Evans. Once I got here, all the doctors were very professional, caring, and understanding. Since March, my knee has gotten so much better all because of the doctors here. They took the time to make sure I was fully healthy and also made sure how I was feeling coming in and leaving out. When I first came in, I was at 30%. I could not walk straight, and now in September, my knee feels better than before! My knee has gotten stronger during my visits. I'm able to perform on the field, and there's way less pain from when I first came in. AHPC really helped me recover even when I thought it was impossible. If anything happens to me again, I will make sure I come back and I will definitely recommend others with knee problems or leg problems to come to AHPC."

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpct.com