



## STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Atlanta Human Performance Center is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from Atlanta Human Performance Center physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

### MENTAL AND PHYSICAL BALANCE

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

Visit Us Online [ahpcpt.com](http://ahpcpt.com) or Call Today **404.346.1526**



## HOW PHYSICAL THERAPY CAN HELP YOU KEEP YOUR BALANCE

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

### 1. Exercise

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

### 2. Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

### 3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

### 4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

### 5. Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

## CONTACT OUR CLINIC TODAY

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Atlanta Human Performance Center can help you achieve improved balance and a healthy lifestyle.

## Natural Ways to Boost Your Immunity!

The essential vitamins found in fruits and vegetables are key to making sure your immune system is as healthy as possible.

**Vitamin C** helps your body boost its production of the antioxidant that is required by the immune system to function optimally. Vitamin C increases your body's production of interferon, which is anti-viral. Vitamin C is also thought to help boost the production of white blood cells, key to fighting infections. Fruits high in Vitamin C include: grapefruit, oranges, tangerines, lemons, limes, kiwis and clementines. A single papaya has 224 percent of the daily recommended amount of Vitamin C. Red bell peppers contain even twice as much Vitamin C than citrus fruits. Vegetables such as broccoli and spinach boast a good amount of Vitamin C as well as antioxidants.

**Vitamin D** is another effective supplement to help boost your immune system. Look for Yogurt that is fortified with Vitamin D and that has a "live and active cultures" label. Vitamin D may stimulate your immune system and boost your body's natural defence against diseases.

**Vitamin B6** is vital for supporting chemical reactions in the immune system and for the formation of new and healthy red blood cells. B6 also helps your body make interleukin-2 which helps direct the actions of your white blood cells. Poultry, such as chicken and turkey, is high in Vitamin B6. Sunflower seeds are also packed full of Vitamin B6 as well as phosphorus, magnesium, and Vitamin E.

**Vitamin E** is key to a healthy immune system as it helps to regulate and maintain function. It can be found in sunflower seeds, almonds, avocados, and dark leafy greens.

**Zinc** is also needed by our bodies to support a healthy immune system. Shellfish such as crab, clams, lobster, and mussels are all packed with zinc. Make sure to stick to the daily recommended amount 11mg for men and 8mg for women, as too much could actually inhibit the immune system.





# PHYSICAL THERAPY TIPS

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

## Don't Ignore Your Pain

Too often, people ignore their pain, hoping things will resolve on their own. Although it may seem to work sometimes, this strategy can make your healing process go slower, stop altogether or create a new problem.

Getting proper guidance is critical to help clarify what is acceptable and what needs to be modified or avoided altogether. If you ignore or don't understand the clues, you can interfere with the healing process and delay your recovery.

Some telltale signs you are regressing include:

- Increased or new swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)

- Increased or new loss of motion
- Increased or recent loss of strength
- Lasting pain
- Larger area and/or more referred pain
- Increased or new limping (unable to bear weight)
- New or persistent sleep disturbance related to injury/condition

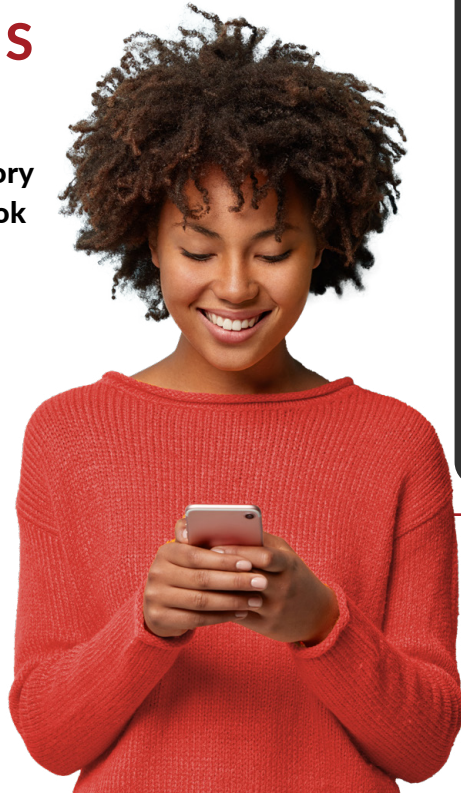
Understanding when to add more activity or remove obstacles is as much an art as a science. Knowing how to interpret the clues your body sends is essential for complete recovery. Our physical therapists are highly skilled at guiding people through the ups and downs of finding relief and resolving their symptoms fully.

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

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



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## 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!



## SLOW COOKER IRISH STEW

- 1 tablespoon olive oil, or to taste
- 2 pounds beef chuck roast
- 3 russet potatoes, diced
- 1 pound baby carrots
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 (16 ounce) bottle stout beer
- 1 (6 ounce) can tomato paste
- 1 cup beef broth
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon smoked paprika
- salt and ground black pepper

Heat olive oil in a skillet over medium heat. Add beef; cook until evenly browned, 3 to 5 minutes per side. Place potatoes, carrots, onion, and garlic in a slow cooker; top with browned beef. Pour 1/4 cup beer into the same skillet and bring to a boil while scraping the browned bits of beef off of the bottom of the skillet with a wooden spoon. Stir in tomato paste; cook until thickened, about 5 minutes. Pour beer mixture into slow cooker. Pour beef broth, remaining beer, garlic powder, onion powder, paprika, salt, and pepper into slow cooker. Cook on Low for 8 hours.



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