



NEWSLETTER

STAYING ACTIVE AND BECOMING BETTER BALANCED

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

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STAYING ACTIVE AND BECOMING BETTER BALANCED



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There are a million and one tips that are passed down generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family, others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

Mental and Physical Balance

Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them – work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers 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. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHEs AND PAINs!**

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Balance & Physical Activity

You can improve your physical balance by:

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

In addition, taking steps to ensure that you are getting a full night of rest, that you are exercising regularly, and that you are eating a healthy diet are all strong components to ensuring you are well-balanced.

Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better – including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

It's Never Too Late

You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than



you currently are. There are plenty of ways to incorporate light activity into your lifestyle, such as:

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. If you feel that your physical health or an old injury is holding you back from being active, contact us. **Working with a physical therapist can help you achieve improved balance and a healthy lifestyle.**

Call us today to schedule an appointment (907) 562-2118.



Chocolate Hazelnut Biscotti

INGREDIENTS

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread
- (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

INSTRUCTIONS

Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

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Have You Met Your Annual Insurance Deductible?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy **may not cost you anything**. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a **\$0 balance remaining on their out-of-pocket expenses**. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

Are you feeling aches and pains? Need to work on your core? Now is the time to come in for physical therapy! Let us help you get a head start for 2021.

Call us today at (907) 562-2118 to schedule an appointment with one of our physical therapists. In network with medicare, medicaid and most P.P.O.s. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Relieve Pain In Minutes

Try this movement to find relief from daily aches and pains.

Relieves Back Pain



FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs.



Patient Success Spotlight

"I had a wonderful PT who took care of me for a little over a month."



"I had pain in my right shoulder and it was difficult for me to do daily activities. I had a wonderful PT who took care of me for a little over a month. She imparted me with knowledge on how to stretch better, eat healthier and overall live a healthier lifestyle. I am aware of my pain and Dr. Keith has helped me reduce it. She is a great PT and anyone who has her is lucky! All the PT's at Wise Physical Therapy are great as well! Thank You!"

- Clave Springer



"I have never had someone make such a difference in my mechanics."

"I worked with both Mr. Wise and Dean, and have had amazing results. I have been through many physical therapists with my chronic condition, and I have never had someone make such a difference in my mechanics!" - N.R.



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