



REBOUND FITNESS & REHABILITATION
NEWSLETTER
The Newsletter About Your Health And Caring For Your Body



**INCREASE YOUR
ENERGY BY GETTING UP
AND MOVING TODAY!**

SEE INSIDE:

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- *Exercise Of The Month*
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INCREASE YOUR ENERGY BY GETTING UP AND MOVING TODAY!

Do you feel sluggish or fatigued, as if it's difficult to motivate yourself to get moving? Do your sore muscles or achy joints just add to that lack of motivation? If so, your body may be experiencing some physical problems.

Living a sedentary life is one of the main reasons why people report having low energy or feeling chronic day-to-day aches. Long car commutes, desk jobs, watching T.V. once you get home from work... many people live their lives this way, with very little physical activity. While it may not seem like it is making an impact at the time, this type of sedentary lifestyle can damage your body over time. Contact Rebound Fitness & Rehabilitation today to figure out how a consistent exercise plan can increase your energy and help you live a healthier life!

Why is physical activity so important?

When you don't participate in frequent physical activity, your muscles begin to weaken and over time they can even begin to atrophy. Inactive lifestyles also cause joints to become stiff and can alter the physiological chemical processes within your body. In fact, your circulation and lymphatic systems can slow down, which can pose harmful risks. These systems work in producing and excreting toxic wastes (such as cholesterol) and these wastes can build up when the systems aren't functioning as efficiently as they should.

Lack of movement and poor posture are the causes of several types of pain, including lower back pain, neck pain, hip pain, knee pain, shoulder pain, and headaches. A slumped posture can even change the shape of your spine over time, in addition to closing your shoulder joints and tightening up the tissues around your hips. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

How can I get moving?

There is one fundamental rule of the human body: it was made to move!

There are several reasons why people may not want to participate in physical activity. Perhaps your body simply doesn't move the way it used to, or perhaps painful areas of your body make it difficult to move in the ways you'd like. Whatever the case may be, the truth is that restriction in movement has the potential to lead to harmful health problems.

Some easy pain-relief and energy-boosting steps you can take on your own include:

1. Decide to get up and get moving

(Continued Inside)

HOW CAN I GET MOVING?

(Continued From Outside)

2. Get up from your chair every 20 minutes and walk around, even if it is just for a few seconds.
3. Walk or exercise for at least 30 minutes every day.
4. Drink plenty of water.
5. Stretch your legs, hips, spine, and neck for 10 minutes every day.
6. Don't push yourself too far if you feel pain.
7. Make sure you are sitting properly at your desk or computer.
8. Take frequent breaks for breathing exercises. Inhale and exhale deeply.
9. Stretch your arms overhead frequently throughout the day.
10. Do strengthening exercises 2-3 times per week.

In order to be healthy, there needs to be a large emphasis on movement. When your body is flexible, strong, well-balanced, and fueled by a nutritious diet, it is able to perform at its optimal levels. At Rebound Fitness & Rehabilitation, we are dedicated to helping you live the best life you can, and our movement experts would be more than happy to help you relieve your pain, re-align your body, and get moving once again. If you are looking for assistance in living a more physically active life, contact us today.



Grilled Zucchini with Parmesan



INGREDIENTS

- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (½ cup)
- 1½ teaspoons fresh thyme leaves or 1
- teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchinis, halved lengthwise
- Lemon wedges for serving

INSTRUCTIONS

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut sides up; spoon the panko mixture evenly on top. Grill and cover until the topping is golden brown in spots for about 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

Exercise of the Month

Helps to relax your whole body.

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Repeat 10 times.

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PATIENT SUCCESS SPOTLIGHT



"Everyone on the team is encouraging and knowledgeable."

"The Rebound Fitness team has done an excellent job evaluating and treating my various injuries, from ACL rehab to everyday aches and pains of exercise. Everyone on the team is encouraging and knowledgeable. I have been especially impressed with their attention to detail with regard to COVID protocols, allowing us all to feel comfortable continuing our treatment safely." —T.M.

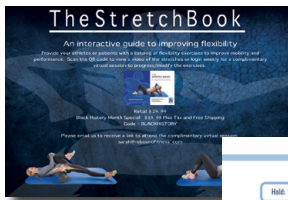
Benefits of Spring Cleaning

- 1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- 2. Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- 3. Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

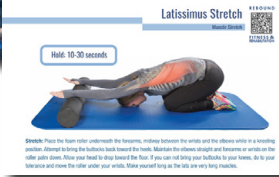
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Rebound Fitness & Rehabilitation Book

The Stretch Book: An Interactive Guide To Restore by Greg Cadichon ATC and John Brna MD Flexibility is available now!



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