



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



## STAND TALLER WITH PHYSICAL THERAPY

**SEE INSIDE:**

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[www.reboundfitness.com](http://www.reboundfitness.com)



# REBOUND FITNESS & REHABILITATION NEWSLETTER

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## 7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE!

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Rebound Fitness & Rehabilitation, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

### **YOUR HEALTH AND YOU:**

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body

function at its optimum levels is a step toward becoming a healthier you. 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.

### **INCREASING YOUR STRENGTH AND FLEXIBILITY:**

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

### **7 TIPS YOU CAN DO ON YOUR OWN:**

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

# 7 TIPS FOR BECOMING HEALTHIER, STRONGER & MORE ACTIVE



Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Taking care of aches and pains.** Don't let these long-term problems linger. Contact Rebound Fitness & Rehabilitation for professional help.
- 2. Limiting your sitting.** Get up every 30 minutes to walk around at work and home.

**3. Getting out and moving.** Exercise regularly, even if it's just taking a short walk every day.

**4. Maintaining a nutritious diet and controlling portions.** Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

**5. Drinking more water.** Water keeps your body systems functioning at an optimum level.

**6. Breathing!** Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

**7. Getting enough sleep.** Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

## CONTACT REBOUND FITNESS & REHABILITATION TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Rebound Fitness & Rehabilitation would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

## Mini Feta & Potato Frittatas



### INGREDIENTS

- 2 ½ teaspoons coriander seeds
- 2 teaspoons dried minced or sliced garlic
- 2 teaspoons dried oregano
- ¼ teaspoon freshly grated nutmeg
- ½ teaspoon Aleppo pepper
- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 cup diced Yukon Gold potato
- ½ teaspoon kosher salt, divided
- 1 medium zucchini, quartered lengthwise and cut into 1/2-inch-thick slices
- 3 cups baby arugula
- 8 large eggs
- ½ cup heavy cream
- ¼ cup crumbled feta cheese

### INSTRUCTIONS

Preheat oven to 375 degrees F. Coat six 6-ounce ovenproof ramekins with cooking spray and place on a rimmed baking sheet. Finely grind coriander and garlic in a spice grinder or with a mortar and pestle. Transfer to a bowl and stir in oregano, nutmeg and Aleppo. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add onion, potato, 1/4 teaspoon salt and 1 tablespoon of the spice blend. Cook, stirring occasionally, until browned around the edges, about 7 minutes. Add zucchini, 1/4 teaspoon salt and 1 tablespoon of the spice blend; cook, stirring often, until lightly browned but still firm, 5 to 6 minutes. Add arugula and stir until wilted, about 2 minutes. Meanwhile, whisk eggs in a large bowl until blended. Whisk in cream and the remaining spice blend. Divide the vegetable mixture and half of the feta among the prepared ramekins. Pour in the egg mixture and top with the remaining feta. Bake until the frittatas are just set in the center, about 25 minutes.

## Exercise of the Month

*Helps to strengthen core muscles*

 SimpleSet Pro  
www.simpleset.net



### CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



# 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." – **Tracey M.**

## Feeling Stir-Crazy? 3 Covid-Friendly Travel Tips

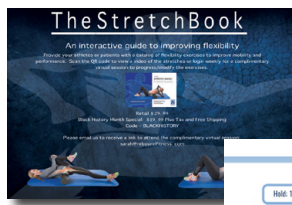
- 1. Vaccinate before your trip, if possible.** If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and potentially spreading it to others, especially while you are on vacation. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when enjoying your spring break activities!
- 2. Opt for a closer destination, if possible.** It is no secret that airports still pose a COVID risk, especially if you are traveling with children.

If you are able to drive to your vacation destination that would be ideal, in order to avoid coming in contact with large crowds of people. Plus, there are always scenic places to visit right in our backyards!

- 3. Take advantage of COVID-friendly activities, especially outdoor excursions.** Did you know that Vitamin D helps to boost the immune system? A spring break trip is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are a great way to enjoy yourself during your vacation, while also being able to safely distance yourself from others and lower your risk of contracting the virus.

## Rebound Fitness & Rehabilitation Book

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



**A Great Resource  
To Living A  
Healthier Lifestyle!**



**Includes Stretches  
For All Major  
Muscle Groups!**

Each stretch includes an instructional video to show you exactly what you need. For more information, visit us at:

[www.reboundfitness.com](http://www.reboundfitness.com)

## Coupon Corner

**FREE 15 MIN. DISCOVERY SESSION**

**CALL TO SCHEDULE  
TODAY!**

**We Look Forward To Hearing From You!**  
**(847) 714-7400**

666 Dundee Road, Unit 1002  
Northbrook, IL 60062

Offer valid for the first 20 people to schedule.  
Expires 05-31-21

[www.reboundfitness.com](http://www.reboundfitness.com)