



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health And Caring For Your Body



IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

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www.reboundfitness.com



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IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Rebound Fitness & Rehabilitation today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT EXACTLY ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group

become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Rebound Fitness & Rehabilitation, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

7 TIPS FOR BECOMING HEALTHIER, STRONGER & MORE ACTIVE



There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your

strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

- 4. Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Rebound Fitness & Rehabilitation our physical therapists are here to help you improve your function and relieve your pain. If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!

Immunity-Boosting Citrus Smoothie



INGREDIENTS

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cayenne pepper
- 3/4 cup fresh squeezed orange juice
- 2 teaspoons freshly grated ginger
- 1 small raw red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange or grapefruit, peeled and segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

INSTRUCTIONS

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

www.halfbakedharvest.com/immune-boosting-winter-citrus-smoothie

Exercise of the Month

Helps to strengthen core muscles

 SimpleSet Pro
www.simpleset.net



BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.

PATIENT SUCCESS SPOTLIGHT



"I'm back better than ever because of Greg and Rebound Fitness!"

"I've had three hamstring injuries and I didn't go to Rebound Fitness until the last one. I was gone for about a good year off of my sports. But now I'm back better than ever because of Greg and Rebound Fitness! They really helped me and take care of me all the time! And the environment feels like home! Please, if you are looking to get back stronger, come here!" – **Dawson W.**

4 Healthy Nutrition Tips For 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. Serve seafood. Summer is the ideal time to get the freshest catch

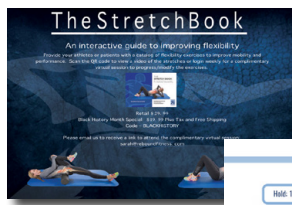
from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. Don't skip breakfast. When you wake up in the morning, your body is running on fumes. Eating breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. 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.

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

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Coupon Corner

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TODAY!**

We Look Forward To Hearing From You!

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