



**IMPROVE  
YOUR HEALTH  
WITH STRENGTH TRAINING**

# IMPROVE YOUR HEALTH

*with Strength  
Training*



**H**ealth is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Carolina Prime, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physical therapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

#### **WHY IS STRENGTH TRAINING SO IMPORTANT?**

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

#### HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG

At Carolina Prime, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will

design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as squabells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

#### CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Carolina Prime, our team of physical therapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.



Call today to book an appointment!

**336.281.9190**

Sources: [https://journals.lww.com/ecom/fulltext/2012/07000/resistance\\_training\\_in\\_medicine\\_effects\\_of\\_13.aspx](https://journals.lww.com/ecom/fulltext/2012/07000/resistance_training_in_medicine_effects_of_13.aspx), <https://link.springer.com/article/10.1007/s40279-018-0862-z>, <https://link.springer.com/article/10.1007/s40279-020-01309-5>, <https://link.springer.com/article/10.2165/00007256-2000030040-00002>, <https://jamanetwork.com/journals/jama/article-abstract/27176530>



### Healthy Recipe

## ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE

- 1 pound Brussels sprouts, trimmed and halved
- 1/2 teaspoon ground pepper
- 1 large shallot, sliced
- 2-3 teaspoons white balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1/2 cup crumbled goat cheese
- 1/2 teaspoon salt
- 1/2 cup pomegranate seeds

Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/2717561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

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# FIT MOM TIPS



## Small Adjustments Lead to BIG Changes

I often have clients come and say "I am just too busy for exercise." As mothers or busy women we are often overwhelmed with tasks that must be completed. Often, we put ourselves last on that list. Here are a few of my tips to help keep us healthy and active while accomplishing our to do lists!

- **Break activity into small chunks of time**  
(10 minutes before the kids wake up, 10 minutes during nap time, 10 minutes before dinner.)
- **Try high-intensity training verses steady state**  
(Burn more calories and boost your metabolism.)
- **Keep small dumbbells around where you can see them!**  
When the opportunity presents itself, do 2 x 12-15 bicep curls.
- **Involve your children, let them see you being active.**  
If they want to have a dance party, DANCE!
- **Make small adjustments to your nutrition.** Dieting often leads to unhealthy relationships with food. I always encourage clients to start with small adjustments and learn how certain foods impact our health and weight. If you want a doughnut, have one! Just have it before you go to workout. If you struggle with late night cravings, try mixing Greek yogurt with a chocolate casein protein powder. You can even have fun and add peanut butter, nut butter, coconut flakes etc. This snack is filling, yet low fat, lower carbohydrate, and high in slow-digesting protein for muscle and metabolism support.

These are a few of many tips I share with my current clients.

If you are interested in improving your health this year, consider a consultation with me. I will be happy to help you develop a plan that fits your lifestyle while addressing any therapy or medical diagnosis concerns or challenges you may have.

**All consultations are private, individualized, and provided in a supportive environment. As women, we are all on this journey together. Perfection does not exist, continual progression and longevity is the goal.**

**Call today to book an appointment with Heather!**

**336.281.9190**



## Patient Success Story



**A huge shout-out to Amy and Elizabeth. They have cheered me on this road of recovery and made my biweekly PT sessions tailored specifically to me and my needs. I would not be where I am without their support and guidance. I cannot speak enough of how professional and friendly the entire staff has been for me on this road of recovery. Truly the best of the best!"** — Ric W.

## REVIEW US!

**Your success story could be the inspiration someone else needs to improve their life by seeking PT!**



Scan the QR code to go to our Google review page!

**Don't let pain keep you from what you love doing!**

**Come Back to PT!**  
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PHYSICAL THERAPY

