

A photograph of a woman with short, light-colored hair, smiling broadly. She is wearing a dark grey t-shirt and is leaning forward with her arms resting on a large grey exercise ball. In the background, other people are visible, some smiling, suggesting a group fitness or physical therapy session in a gym or studio.

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

Read more inside on 7 Tips You Can Do On Your Own, Mind Exercise:
Summer Word Search, and 4 Simple Ways To Make Hydration A Habit!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



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 Darien Physical Therapy, 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 & 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 & 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.

**Get Your Life Back with
Darien Physical Therapy!**

(203) 655-6464

Stop letting pain get in the way. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!



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. 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 Darien Physical Therapy 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 portion.

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 Darien Physical Therapy today!

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

Have pain that won't go away? We want to help!
Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!

MIND EXERCISE
SUMMER WORD SEARCH!

S	F	L	I	P	F	L	O	P	S	I	S	L	E	P
S	U	N	S	C	R	E	E	N	A	N	U	O	S	I
A	U	N	G	U	E	S	T	H	D	O	N	V	W	C
B	N	E	G	J	O	C	E	A	N	F	S	S	I	N
A	P	O	O	L	J	U	R	Y	S	U	H	O	M	I
R	U	G	U	S	A	T	A	E	U	N	I	H	S	C
B	M	G	C	R	E	S	A	M	A	S	N	I	U	S
E	E	N	U	F	O	N	S	U	M	M	E	R	I	P
C	M	A	A	S	T	O	H	E	T	H	I	N	T	R
U	V	A	C	A	T	I	O	N	S	R	H	L	A	I
E	R	O	B	I	L	K	R	X	J	O	I	O	U	N
I	I	N	S	E	F	I	T	S	F	U	N	P	T	K
C	A	R	E	L	A	X	S	U	L	Y	L	O	L	L
E	J	U	N	E	A	C	F	A	M	I	L	Y	S	E
I	C	E	P	O	P	A	H	O	T	S	R	E	L	R

AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM

ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS

SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. [Here are some simple ways to stay hydrated this summer.](#)

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H2O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



GOOGLE 5-STAR REVIEW

"Darien Physical Therapy is simply the best. I have had multiple sports injuries and they have worked with me to keep me active. I am very thankful for their great care. They're flexible, have great bedside manner, and are skilled and knowledgeable in PT. Thank you, Darien Physical Therapy." - T. F.

COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. All of our clinicians have been vaccinated for your safety.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!