



# HOW STRENGTH TRAINING CAN IMPROVE YOUR HEALTH

Read more inside on How Physical Therapy Can Help You Get Strong,  
Popular New Year's Resolutions, and a Healthy Recipe!

[DarienPhysicalTherapy.com](http://DarienPhysicalTherapy.com)

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

# HOW STRENGTH TRAINING CAN IMPROVE YOUR HEALTH



Health 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 Darien Physical Therapy, 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!

**Contact Darien Physical Therapy by calling (203) 655-6464 today to get started!**

## 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



**Take responsibility for your pain & get the help you need today!**

*Scan the QR code to schedule your appointment!*

# HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG

**At Darien Physical Therapy, 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 barbells, 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 Set Up An Appointment

At Darien Physical Therapy, 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.



**Take responsibility for your pain & get the help you need today!**

*Scan the QR code to schedule your appointment!*

Sources:  
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## EXERCISE OF THE MONTH WALKING LUNGE

Stand up straight with your arms straight down by your sides. Step one foot out in front of you so your weight is resting on the heel of your front foot and the toes of your back foot. Bracing your abdominals lower your body towards the floor until your back knee is just above the ground and then press back up. Keep your weight evenly distributed and make sure your knees are both approximately at 90-degree angles at the bottom of the rep. Step your back foot up to meet your front foot and then lead the next lunge with your opposite foot. Repeat 10 reps, 3 sets.



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Life is too short to not feel your best. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!

# HEALTHIER HABITS, HAPPIER LIFE

## POPULAR NEW YEAR'S RESOLUTIONS

Is a New Year's Resolution part of your yearly ritual? According to Statista's Global Consumer Survey, 39 percent of U.S. adults made New Year's resolutions for 2022.

Do you want to make a positive change in your life but are unsure where to start? *Check out this list below of the three most popular New Year's Resolutions in 2024 for inspiration.*

- 1. Exercise more:** This was the most popular New Year's Resolution in 2022! It is estimated that about one-third of Americans do not get enough exercise. This can lead to several different health problems, including heart disease and high blood pressure.

However, the good news is that it's never too late to start enacting healthy habits! It is not always easy to find time to exercise. But there are many ways to make it easier: you can exercise with friends, work out at home while watching your favorite show, or use apps that remind you to work out.

- 2. To eat healthier:** It is essential to maintain a healthy weight in order to prevent obesity. Obesity can lead to many health problems, such as heart disease, diabetes, and joint pain. Healthy eating is also crucial for mental health because it provides essential nutrients that our brain needs to function correctly.



There are many benefits of healthy eating that we should be aware of. The most important one is that it will help us live longer and healthier lives!

- 3. To spend more time with friends and family:** Did you spend enough time with your loved ones this year?

Every human being needs socialization to maintain mental health and emotional stability. Spending time with friends is not just about having fun; it is also about learning new things, sharing ideas, and building networks!



## WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



## GRILLED CHICKEN CAPRESE

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

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