



April

MONTHLY NEWSLETTER

WHY BE FIT

By our very own CEO, Dr. Dwinnells

There are many reasons to strive for fitness—you feel better, look better, and have more energy. These are great benefits, but did you know that being fit can also increase your lifespan? You have control over how long you live! Staying fit through exercise, eating right, sleeping well, having friends, a sense of spirituality, and a positive attitude helps extend our lives. A recent study by Johns Hopkins University, using data from the National Health and Nutrition Examination Survey (NHANES), identified the top 15 potential longevity markers. **The study found that the amount of physical activity you perform daily is the number one predictor of how long you will live.**

Personally, I have exercised, played sports, and been physically active all my life—even now at the age of 70! When I move, everything inside me moves too. Movement acts like an internal cleaning machine! My **heart** rate increases, pumping more blood through my body, which helps oxygenate and deliver nutrition to my organs and tissues. My **lungs** move more air in and out, oxygenating my insides. My **brain** actively cleans itself from toxins (see my last article on Sleeping). I **sweat more**, helping to carry out toxic waste. I drink more fluids, making my **kidneys** work harder to eliminate toxins through urination. My abdominal muscles get stronger, aiding my **intestines** in squeezing out more toxic waste through bowel movements.

I like to use analogies to explain things. Imagine a mountain stream of water that is always running—moving. Midway down the mountain, the water is so clear and pure that you can drink from it—Ahhhh—there is nothing like pure mountain water! If the water didn't move, it would become stale, old, and dirty. We'd get that way too if we didn't move frequently.

So don't put it off—get moving! You'll live happier, healthier, and longer!



EATING TIP OF THE MONTH

Healthy Eating Made Easy

One of the biggest challenges to eating healthy is the easy access to cheap, unhealthy food. Grocery stores, pharmacies, convenience stores, and gas stations are packed with highly processed, low-nutrition options. When you're hungry and in a hurry, it's tempting to grab a bag of chips, a Little Debbie snack, or a candy bar. But these quick fixes can derail your weight loss and health goals, and can quickly become a bad habit.

To combat this, keep healthy snacks on hand both at home and on the go. When grocery shopping, stock up on snacks that are quick and nutritious. Here are some examples:

- **Protein Bars:** Look for brands like Premier Protein and Pure Protein.
- **Baby Carrots:** Put a handful in a sandwich bag for a quick, healthy snack.
- **Grapes:** Wash them and pack some in a sandwich bag for an easy snack.
- **Almonds:** Buy a large bag of whole, raw almonds and divide them into servings (about ¼ cup each) using sandwich bags.
- **Cheese Sticks:** A good source of protein and calcium.

By preparing healthy snacks in advance, you can make better choices and stay on track with your health goals.



“ Take care of your body. It's the only place you have to live. - *Jim Rohn*

RECIPE OF THE MONTH

Berry Chia Seed Smoothie

Est. time to prepare: <5 minutes

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup milk (dairy, almond, or oat)
- 2 Tbsp chia seeds (optional, but adds a boost of protein and fiber!)
- 1 ½ cups ice



Directions:

Combine all ingredients in blender, cover and blend until smooth.

For more healthy recipes and healthy eating information, scan the QR Code.



EXERCISE OF THE MONTH

by Eschman Physical Therapy

The Hitchhiker

This month, we're focusing on postural exercises that everyone can benefit from. Try "The Hitchhiker" to improve your posture and feel great!

The Single Hitchhiker (Perform while sitting):

- Stretch your right arm out, away from your side, with your palm up.
- Move your right arm backward as far as you can, then forward all the way, while pressing your left hand on the front of your right shoulder.
- Do this for 10 quick pulses, then switch and repeat on the left side.

The Double Hitchhiker (Perform while standing):

- Stretch both arms out, away from your sides, with your palms up.
- Move your arms all the way in front of you, then behind you as far as you can.
- Perform this movement 10 times.

WE VALUE YOUR FEEDBACK!

Your experience matters to us, and we would love to hear your thoughts. Please take a moment to leave us a Google review and let us know how we're doing. Your feedback helps us improve and continue providing the best service possible.



Stay in the Know

We are thrilled to announce that Samantha Morgan, Nurse Practitioner, has joined the FIT team! Samantha is now seeing patients at our **Falls Family Care** location in Newton Falls. She has appointments available on **Mondays, Tuesdays, and Fridays.**

Samantha is passionate about the FIT program and is eager to help our patients achieve their weight loss and health goals. Schedule your appointment today and start your journey to better health with Samantha!



Samantha Morgan, FNP
 Falls Family Care