



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**STAYING ACTIVE IS THE KEY
TO FINDING MENTAL AND
PHYSICAL BALANCE**

www.medrehabgroup.com



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INSIDE:

- HOW PHYSIOTHERAPY CAN HELP YOU KEEP YOUR BALANCE
- 6 TIPS TO PREPARE TO SWIM IN THE WATER SAFELY!

STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physiotherapists understands the struggles to find balance in your life. MedRehab Group Physiotherapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from MedRehab Group Physiotherapy physiotherapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. **Call today to make an appointment!**

MENTAL AND PHYSICAL BALANCE

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.



There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physiotherapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.



Scan the QR Code to visit our website to
schedule your next appointment today!
Call Us Today! | medrehabgroup.com



How Physiotherapy Can Help You Keep Your Balance

Here are 5 steps to help you become physically and mentally healthy while bringing more balance into your life.

1. Exercise

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

2. Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or

even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

5. Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

CONTACT OUR CLINIC TODAY

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physiotherapists at MedRehab Group Physiotherapy can help you achieve improved balance and a healthy lifestyle.

Sources:
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Staff Spotlight

Li Yin (Anna) Wong, BScH, MScPT, Physiotherapist

Anna graduated with a Master of Science in Physiotherapy at the University of Toronto. She has a passion to help patients feel and move better throughout the day! She likes to incorporate hands-on manual therapy, patient education, modalities, as well as functional exercises to help patients reach their goals!

Anna will guide you through the stages of recovery, which is to reduce pain, move better and optimize your performance. With a Personal Training background, she believes in a functional approach to treat patients with various musculoskeletal conditions.

Learn more about our entire team by visiting medrehabgroup.com/about-us/our-team today!





6 Tips to Prepare To Swim In The Water Safely!

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. **These 6 important swimming safety tips are what you should be aware of before you head out to the pool or beach.**

1. **Swim in designated areas** supervised by lifeguards.
2. **Always swim with a buddy;** do not allow anyone to swim alone.
3. **Never leave a young child unattended** near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
4. **If you have a pool, secure it with appropriate barriers.** Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
5. **Protect your skin.** Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
6. **Drink plenty of water regularly, even if you're not thirsty.** Avoid drinks with alcohol or caffeine in them.

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!

"With MedRehab Group, I have been a client for many years for different issues. They have never let me down. They are very professional, full of knowledge and experience. I will keep on being a client. Highly recommend."

- 5-Star Google Review

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

Call Today!

Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!



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