

PHYSICAL THERAPY & INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

JUNE 2019

June

Greetings!

Did you notice the email subject? How many of you thought I made a misspelling? Turns out that "jejunely" is actually a real word (so congrats to those of you who already knew that!). The definition is "*adv. - In an immature manner*". See, some of you learned something new and you only just started reading the newsletter! Read on for more learning.

SCIENCE HAS SPOKEN: Exercise Makes You Happier Than Money

Looking for the key to happiness? You might want to start by breaking a sweat.



According to a study from researchers at Yale and Oxford, when it comes to mental health, exercise may be more important than money.

In the study, published in *The Lancet*, scientists collected data about the physical behavior and mental health of more than 1.2 million Americans. Each participant was presented with the following question: "How many times have you felt mentally unwell in the past 30 days, for example, due to stress, depression, or emotional problems?"

To read the rest of the article, [click here](#). Also, at the end of the article, there is a video about the health benefits of knitting!

EATING WATER



It's important to stay hydrated but it can be hard to always get enough water, especially in summer. In addition to water and other healthy drinks, you can eat foods that can contribute to your fluid intake, helping to prevent the headaches and sluggishness caused by dehydration. Another good reason to eat water? Research shows that eating foods that are full of water helps keep you satisfied on fewer calories. [Try "eating water" from these foods.](#)

CAMPING FITNESS IS THE NEW THING



Campers today are much more active than they used to be. Camping fitness plays an integral part in the adventure for a lot of people. It is not uncommon to see folks doing an early morning jog or just a brisk walk around the campground. Even though camping is a time to relax for some, exercise camping exercise is a good way to burn off some serious calories. [Here are some ideas for Camping Fitness:](#)

QUOTE OF THE MONTH

I'M SORRY FOR THE THINGS I SAID WHEN IT WAS WINTER

CLINIC NEWS



Staff Birthdays This Month

Jessica Evans - June 6



Alyssa had her baby! Born 4/30/19. Deb won the baby pool.

PHIT IN THE KITCHEN - STRAWBERRY CAKE



Easy Strawberry Cake with a soft and moist crumb and bursting with fresh strawberry flavor!

[Click here to try me.](#)

PHITNESS CALENDAR

INDIVIDUAL TRX INSTRUCTION

If you would feel more comfortable with a one-on-one session, just let us know.
We can do that!

FMS EVALUATIONS

The FMS (Functional Movement Screen) looks at fundamental movements, motor control within movements, and a competence of basic movement patterns.
Its job is to determine movement deficiency and uncover asymmetry.

SOMETHING GOOD -

Raise a glass to Fred Lawrence - 98 year old who exercises 3x per week



Fred Lawrence, a 98-year-old World War II veteran who still exercises at his local 24 Hour Fitness three times a week without fail (there he is on the right, keeping pace with one of his workout buddies). He's the oldest member of the gym, so on his 98th birthday, the staff threw him a party complete with decorations, a giant card and some vanilla bean cupcakes -- Lawrence's favorite. After the celebration, Lawrence thanked everyone and then proceeded to crush his customary 90-minute workout. What, you

Courtesy of CNN's Good Stuff

PHYSICAL THERAPY HUMOR

It's a Stretch



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MESSAGE FROM GAIL, BEV AND BOB

We appreciate your support and business throughout the last 20+ years. We hope to keep helping you stay active for all your **WORK. SPORT. PLAY.** for another 20+ years.

Sincerely,

Gail Molloy, Beverly Parrott & Robert Letendre

and all the staff at Physical Therapy & Injury Specialists

JOIN OUR MAILING LIST



FORWARD TO A FRIEND

Physical Therapy & Injury Specialists

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