

# IN TOUCH WITH LA PLATA PHYSICAL THERAPY & WELLNESS

101 CENTENNIAL STREET SUITE C \* 301.392.3700 \* PT  
103 CENTENNIAL STREET SUITE A \* 301.392.5054 \* W

## FINDING SPIRIT IN WELLNESS

### INSIDE THIS ISSUE:

FEATURED ARTICLE BY: REV. LONG	1
PHYSICAL THERAPY GARDENING TIPS	1
LA PLATA DAY	1
WELLNESS INTENTION ARTICLE	2
SPRING RECIPE	2

### THOUGHTS:

- "To succeed, you need to find something to hold onto, something to motivate you, something to inspire you."  
-Tony Dorsett
- "You cannot have a positive life and a negative mind."  
-Joyce Meyer

Wellness is a healthy body, mind, and spirit.

"The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated." -Plato

Your body, mind, and spirit are not like oil and water. Mix oil with water and they naturally separate. Your body, mind, and spirit are more like colors of paint.



Mix yellow and blue, you get green. Mix blue and red, you get violet. And here is the important difference: once mixed, green does not separate into yellow and blue nor violet into blue and red. Paints, unlike oil and water, combine and

interact. Your body, mind, and spirit are similar. Each affects the other. This is important to understand as you pursue wellness.

The pursuit of wellness is the pursuit of a healthy body, mind, and spirit. A healthy body with an unhealthy mind or spirit is not well. Of course, a healthy mind or spirit in an unhealthy body is not well either! You get the point! Wellness is holistic.

So, pursuing wellness involves all three: body, mind, and spirit. As you exercise your body, use this time to exercise your mind and spirit, too. Be intentional about it. Use the R.I.M. method. During your time at the Wellness Center:

(1) READ (listen) to materials that exercise your mind and soul.

(2) INTERACT with others who are pursuing wellness-they are all around you at the Wellness Center.

(3) MEDITATE during the stretching phase of your workout or afterward. Focus on your breathing. Each exhale cleanses your mind/body/spirit. Each inhale fills you with life.

Remember: wellness is a healthy body, mind, and spirit!

Rev. Charles M. Long  
[longcharlesm@gmail.com](mailto:longcharlesm@gmail.com)

## Come Celebrate with La Plata PT & Wellness!

Celebrate La Plata day with us on

**Saturday, April 25, 2015**

**12:00p.m.-4:00p.m.**

There will be vendors, games, prizes and bed races for the community.

You can find us at the family fitness zone.

Spring has arrived! As always, it is good to be on the move! At this time of year we may find ourselves out in the garden. The staff at La Plata Physical Therapy & Wellness suggests the following stretching exercises to prepare your body for all of the lifting, bending and lunges to come.

| Standing. Put your hands on your hips, twist slowly to the right, then to the left, holding each to a count of 5, repeat 10 times.

| Standing. Stretch your arms out in front hold for 5 seconds then stretch arms out behind and count to five, repeat 10 times.

**ENJOY! Gardening is a good way to cultivate your health!**

| Kneeling. Stand up frequently and stretch to avoid getting stiff. Use a pad under your knees, to absorb the pressure. Also, lean on your hands to absorb some of the weight.

| Lifting. Don't try if it is too heavy. Test by lifting one corner. Roll or push heavy loads. If it is a bag of mulch, take some out before moving.

| Pulling. Place your feet apart, bend your knees and lean away from the object. Pull by straightening your legs. Always face the object and keep your back straight.

| Limit the amount of physical activity you do the first day out, especially if you have a history of back or heart problems.

Visit our Website:  
[www.LaPlataPT.com](http://www.LaPlataPT.com)

## SPRING RECIPE:



### *Pico De Gallo Grilled Chicken Salad*

#### *Pico De Gallo (fresh salsa)*

- 1 medium tomato, diced
- 1 small onion, finely chopped
- 1 seeded, finely chopped jalapeño (can use ½ to reduce spiciness)
- juice of 1 lemon
- 2 tsp. chopped, fresh cilantro
- 1/2 tsp. garlic, jarred, minced
- 1/8 tsp. black pepper

#### *Chicken Salad*

- 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes (or chicken tenderloins), all visible fat discarded, cut into 1-inch cubes
- non-stick cooking spray
- 8 cups green leaf or red leaf lettuce (approx. 8-10 leaves), washed, torn into pieces
- Cilantro or lemon/lime slices for garnish, (optional)

#### *Directions:*

#### *Pico De Gallo (fresh salsa)*

Combine all ingredients above chicken in medium bowl and stir.

#### *Chicken Salad*

- Spray a medium skillet with cooking spray. Add chicken to skillet and turn to medium-high heat.
- Cook, stirring occasionally, for 10 minutes or until chicken is cooked through. Divide lettuce on to 4 plates, top with chicken.
- Spoon Pico de Gallo over salads and serve. Garnish with cilantro or lemon/lime slices (optional)

Source: "Pico De Gallo Grilled Chicken Salad." Pico De Gallo Grilled Chicken Salad. N.p., n.d. Web. 11 Mar. 2015.

## PERSONAL WELLNESS INTENTION

By: Annah Rinaldo  
*Exercise Physiologist*

Do you know that guided exercise, stretching, massage, yoga, aquatic exercise and other physical therapy modalities count as complementary and alternative health care? These varied complementary techniques all share the common philosophy of preventive care and healing for the body in a safe and comfortable manner.

A person's health and well-being is positively influenced by the act or intention to provide total body care, especially when paired with modern western medicine. In the hustle and bustle of life, it can be difficult to take the time to stop, breathe deeply, and reflect on how you are feeling. If you have noticed a negative change in your well-being, check in with your physician and find out if regular supervised exercise, massage, or physical therapy would be the correct path on which to embark, to improve your current mental and physical state. Here are a few common changes you should mention to your physician:

**Condition:** Tight neck and upper back muscles may be indicative of stress either psychological or environmental, affecting the postural muscles.

**Treatment:** A little yoga, deliberate stretching, or massage might be just what you need.

**Condition:** Various aches, pains, and stiffness may be stemming from muscle imbalances, arthritis or other degeneration of the joints.

**Treatment:** This may be the right time to consider having a fitness assessment or a visit to your physical therapist, who may guide you in the right direction for your care.

**Condition:** Low back pain after sitting or standing too long.

**Treatment:** This may be helped with gentle exercises deliberately created by an exercise physiologist. If pain is a limiting factor preventing exercise, a referral to your physical therapist is an ideal first step.

**Condition:** Fatigue and lethargy.

**Treatment:** Boost your energy with physical activity and healthy meals.

Take some time for yourself. Think about your wellness journey. How are you planning on changing your healing, health, and happiness with your new intention?

**Intention :** noun : a determination to act in a certain way; a thing intended; an aim or plan

