

Review Us!

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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



BE HEALTHIER IN THE NEW YEAR

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-446-1897 F 8:30a - 4:00p

Stayner Location

7460 County Road 91 M 8:00a - 3:30p
Unit 3 T 8:30a - 5:00p
Stayner, ON L0M 1S0 W 2:00p - 7:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-517-0076 F 8:00a - 12:00p

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Phone: 705-446-2551 Th 10:00a - 3:00p
Fax: 705-446-1897 F 10:00a - 3:00p

Hours subject to change due to COVID-19. Please call in advance.

INSIDE: Be Healthier In The New Year · Healthy Recipe
Exercises To Do Indoors · Exercise Essential



Be Healthier In The New Year

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a new year certainly feels like a great time to make major changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Peak To Shore Physiotherapy is here to help you!

Peak To Shore Physiotherapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!

Ways To Boost Your Immunity

Making sure our immune systems are performing in tip-top shape should be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition that is affecting your overall wellness, one of our skilled therapists can be of help!

Are You Taking Care Of Your Mental Health?

It's important to not only pay attention to your physical health, but also your mental and emotional health as well. S.A.D, or "Seasonal Affective Disorder" can really hit hard during the colder winter months. Many people find themselves feeling depressed, lethargic, and unmotivated to do the things they love.

Peak To Shore Physiotherapy encourages our patients to reach out for counseling and guidance. 2020 has been hard on us all, and there's nothing wrong with asking for professional help or doing research to find things that you can do at home to boost your overall wellness.

A few things experts recommend that you do to improve your overall health are as follows:

- Do something you're good at, such as journaling, reading, or some form of art.
- Practice daily meditation.
- Set up an appointment with a mental health specialist.
- Regulate your sleep schedule.
- Make sure you're maintaining a nutritious diet.
- Schedule time every day to unwind and relax (such as taking a hot bath or shower!)

Let Us Help You Bring In The New Year Right.

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health. If you're interested in learning more about how you can put your health first once and for all, contact our clinic today for more information.

Sources

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

<https://www.healthline.com/health/benefits-of-stretching#types>

Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility. **During these difficult times**, for those who are not feeling well, we are offering Telehealth Services if you are unable to attend in person. **To learn more about what our clinic is doing to prevent the spread of COVID 19, contact our office today.**



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCE



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY

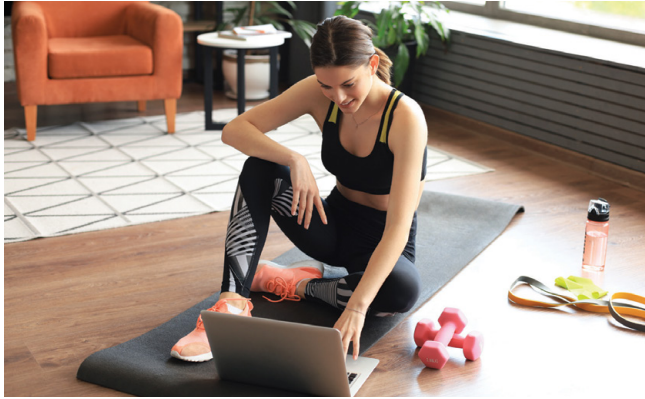


OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY

Exercises To Do Indoors



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Mountain climbers
- Jump rope
- Jumping jacks
- Burpees
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



Healthy Recipe *Roasted Vegetables*

INGREDIENTS


- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

DIRECTIONS

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

Exercise Essential



 SimpleSet Pro

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

It's Important To Make Your Appointments!



If you are late for your appointment, there may not be enough time left in your appointment to complete a comprehensive exam and/or treatment. In such cases, we may need to reschedule your appointment.

Please understand that a missed appointment is time wasted. It is time that could have been used by another client in need of care. We ask for at least 24 hours in advance to reschedule. On weekends, please leave a message or send an email. We will respond when we are back in the office on Mondays. If you are feeling unwell, please call the office first thing in the morning. If you call just prior to your appointment this does not give us sufficient time to offer the appointment to another client. If sufficient notice for an appointment cancellation is not provided, you will be required to pay the appointment fee.

A parent or guardian **MUST** accompany a child for their first appointment so that an informed treatment plan can be formulated.

Please note: We understand your time is valuable and therefore make every effort to keep our schedule running on time. Due to the nature of our work, unexpected delays sometimes occur. Please be assured that under these circumstances you will receive your full treatment time.

Thank you for helping us to maintain a high level of service for all our clients.

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!



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Wasaga Location

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