

VOL. 2 | JANUARY 2022

# STAY IN THE GAME



Newsletter for all our Form & Function Family



## OVERVIEW:

### Why Stress Can Get In The Way Of Your Health Goals & What To Do Instead

The other day I was out in Victoria Gardens in Rancho Cucamonga doing some shopping, and overheard a conversation at the table next to me happening between two women with newborns, and it went like this:

**Friend 1:** "Wouldn't it be nice to have 5 minutes to yourself?"

**Friend 2:** "I'd love nothing more but I just don't have the time. I'm constantly running around to do this and that, and by the end of the day I'm so tired so even when I do have the chance for 5 minutes to myself, all I want to do is fall asleep".

As a Dad and a business owner, I get it. Finding "me time" can be tough, but one of the most important things I've had to figure out in order to feel good and have the energy to play with my kids, is **how to manage stress**.

A lot of people don't even realize their lives are ruled by it! But more than ever, stress levels are at an all time high and still climbing.

On a weekly basis I hear our patients in the clinic tell me they lead a stressful job, and go home to face even more stress, and most of them don't have a clue where to begin to **manage it**.

- Why Stress Can Get In The Way Of Your Health Goals & What To Do Instead
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Now as strange as it might sound, we do need some level of stress to go about our day.

It's that extra boost that helps us meet deadlines and reach our goals. It stops us from hitting snooze and push through the 3pm post-lunch slump. **It's what keeps us moving.**

The problem is that there's a line. A place where it's no longer energizing but all consuming – which is when stress can become our enemy.

But let's step back a moment and look at the thing we're not often told about... (When you're aware of it and it's managed) stress leaves our bodies stronger and healthier than they were prior to when we let stress take over. The thing is, small (managed) doses of stress are good, but too much and it becomes unhealthy – and if you let it take over it can even stall your weight loss goals... make all that exercise you're doing un-affective... and even bring on unwanted aches and pains.

**How can you reel it in and let stress work on your terms, so you don't feel it's unwanted side-effects?**

I've put together a short list of things that have helped me, which you can put into action as soon as you've stopped reading this article... 😊

My first tip would be to **talk about it** and find a friendly ear who you know is happy to listen.

Talking with friends is a great stress reliever and gets it out in the open so it's not all bottled up in your head – **making it weigh you down.**

**Next, get moving!** I've said it many times, but exercise can improve your mood and makes you feel a lot better (it doesn't have to be anything strenuous, or something you don't look forward to)...

Anything from yoga, to a bootcamp style class can go a long way to improving your stress levels, helps you to focus on what you're doing, and in turn **doesn't let you worry about anything else while you're in the zone.**



Outside of work and socializing, make some time for **YOU!** Whether this means turning off your phone, reading a book, relaxing in the bath, or taking a walk, take some time to focus on things outside of work and your endless to-do list, and you'll come back feeling refreshed.

I make sure to have at least one whole day away from my phone and technology so I can unwind and enjoy some quality time with my family. Always does the trick.

And if none of those ideas sound like your kind of 'me time', how about treating yourself to a massage?

Massages work great, and that way you'll know you have a commitment to make once it's booked in your calendar, making you more likely to stick to it. **AND**, who doesn't like a nice relaxing massage to soothe your stress away?!...

## Product We Love *Bosu Ball*



[Click image  
for link](#)

**Talk to our PT today to ask about how you can incorporate a Bosu ball to your routine**

**888.619.2885**

If you frequent the gym, you've probably seen a Bosu ball or two stacked up amongst the free weights and resistance bands. But if you've steered clear for fear of not knowing how to properly use one, you're not alone. This underrated piece of equipment looks pretty much like a stability ball, only...cut in half. A Bosu ball—which is actually an abbreviation for "both sides up"—is inflated on one side with a flat, hard platform on the other. By design, it's a balance trainer that fires up your core and stabilizing muscles by creating an unstable surface to perform exercises on. When used correctly, it can rev up any bodyweight or dumbbell workout.

Yohay, Catrina. "The 19 Best Bosu Ball Exercises, According to Fit Body App Founder Anna Victoria." PureWow, PureWow, 22 Mar. 2021, <https://www.purewow.com/wellness/bosu-ball-exercises>.

Booking a regularly scheduled massage at the end of your week can do a lot to reduce stress and maintain healthy muscles. Check out our skilled hands at Form & Function Physical Therapy [HERE](#)

To sum up, it's time to focus on **managing your stress rather than just dealing with it.**

These tips and techniques might take a few weeks/months to be incorporated into your lifestyle, but it will improve your health, happiness and productivity for the rest.

For more tips on how to measure your health checkout this article...

<https://www.formfunctionpt.com/dread-the-scales-theres-a-better-way-to-measure-your-health/>

**Call now to book an initial consultation** and you're in luck this month because it's our favorite time of year.

Not only is it the time of fresh starts but it's the time to celebrate the anniversary of our clinic.

This January marks 8 years of having the privilege to serve the Rancho Cucamonga community. To thank everyone that has been a part of this business's growth and success want to offer this once a year promotion,

## TAG US!!!

### Social Media Challenge

This month we started a challenge for all our #Influencers and #ContentCreators or even just your everyday social media star. Starting now we want to thank you for every time you share us on your social media or give us a shout out. When you tag us in a post or on your story we give you our appreciation right back. After 5 times you will receive a free cold laser session completely on us!

**AFTER 5 TIMES YOU WILL RECEIVE A FREE COLD LASER SESSION**

**COMPLETELY ON US!**



Tell your followers when you tag us in a post that Form & Function PT helps you **#StayInTheGame**

If you'd like more quick tips like this to speed up your recovery, visit my website where you can download my free tips guide instantly:

## 7 SECRET RECOVERY "STRATEGIES" FOR SPORTS INJURIES



[Click image for link](#)

### Greatest Promotion Ever

It's our favorite time of year. Not only is it the time of fresh starts but it's the time to celebrate the anniversary of our clinic. This January marks 8 years of having the privilege to serve the Rancho Cucamonga community. To thank everyone that has been a part of this business's growth and success, we are offering this once a year promotion,

"The Greatest Promotion Ever" called so because we are offering to all new and existing patients a crazy discount of a **\$35** initial evaluation (normally priced \$175). Let everyone you know about this great opportunity to get anything that's been nagging at you to get checked out. Hurry to schedule because this promotion will only last till the end of the month and slots are limited (in past years of doing this promotion we fill up the month's schedule within the first week).

**CALL NOW! (888) 619-2885**



# Health Tip & Trick: How to actually eat to start your day

By Trevor Field



## The Value of Breakfast

We have all heard it before. "Breakfast, it's the most important meal of the day!"... And it really is!

In the large weight registry of people who lost 70 pounds or more and kept it off for 4 or more years, the only things they had in common were breakfast and regular exercise. It is one of the most powerful strategies. But it can't be a muffin and a latte. The secret is a protein breakfast, which speeds metabolism and controls appetite.

## Patient Spotlight: David Pontikes



Our spotlight this month shines on a superstar patient David Pontikes. David is an avid runner and hiker, but he suffered a nerve injury that caused him to lose strength and balance in his lower leg. Not one to stop, David found a novel device online that prevented his ankle from rolling, but he wanted to do more than just put a strap on it, so he found his way to us. Throughout his rehab, David continues to show the determination to get his strength and balance back in order.

He has been working extensively in the clinic with our superstar PTA Jim Biberston, who says David's progress has been remarkable. "It's rare to see not only the amount of improvement David has made in his strength and balance, but also how fast he has progressed. He told me he's got an 8 mile run planned this weekend!"

Kudos to you David. You've earned your way to the top levels of "Stay in the Game" status.

# Recipe We Love *Spicy Cauliflower*



|   |             |             |              |
|---|-------------|-------------|--------------|
|  | <b>PREP</b> | <b>COOK</b> | <b>TOTAL</b> |
|   | 30 m        | 40 m        | 50 m         |

Cauliflower can get a bad rap for being the boring white addition to the "healthy" fresh vegetable platter listed on appetizer menus nationwide – often listed alongside more exciting and less healthful items like nachos and chicken wings. Here's an exciting way to enjoy it!

## INGREDIENTS

### SERVES 4

- 1 Cauliflower (raw), Medium Head
- 1/4 cup Almond Flour
- 1 cup water
- 1/2 tsp sea salt
- 1 tsp Butter, Whipped, Unsalted
- 1 cup Salsa Picante, Hot Sauce

## DIRECTIONS

- 1 Preheat oven to 450F.
- 2 Chop cauliflower into small florets.
- 3 In a bowl combine almond flour, water and salt. Mix well until fully combined with no visible clumps.
- 4 Next, place the florets into the mixture making sure each piece is well coated.
- 5 Place florets on a greased cookie sheet and bake for 15 minutes turning them during this time.
- 6 While these bake, combine in a bowl the melted butter and hot sauce. Once cauliflower is done baking, toss the florets into the hot sauce mixture.
- 7 Place florets back on cookie sheet and cook for another 20 minutes or until crispy.

## NUTRITION INFORMATION

### 84 CALORIES PER SERVING

Serving Size: 1 servings



|                         | % DV* |
|-------------------------|-------|
| <b>Total Fat</b> 4g     | 6%    |
| Saturated Fat 1g        |       |
| <b>Cholesterol</b> 2mg  | 0%    |
| <b>Sodium</b> 1559mg    | 64%   |
| <b>Carbohydrates</b> 8g | 3%    |
| Dietary Fiber 3g        |       |
| Sugars 3g               |       |
| <b>Protein</b> 4g       | 2%    |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.