



MAINTAIN A HEALTHY LIFESTYLE

WE'RE VACCINATED!

The entire staff at NYC Wellness has been fully vaccinated against COVID-19.

We are also offering the COVID-19 vaccine in our clinics on a first-come, first-served basis. Call for more information.

INSIDE:

- The Benefits of Daily Exercise
- Benefits of Winter Exercise
- At-Home Exercise

MIDTOWN

📞 212-682-6620, 212-682-2750

DOWNTOWN

📞 212-374-0150, 212-374-0181



MAINTAIN A HEALTHY LIFESTYLE STARTING WITH NUTRITION

Are you in search of ways to become healthier? Maybe you're interested in changing your eating habits or getting more daily exercise. Whatever the case may be, NYC Wellness is in full support!

We're proud to offer several different services to our patients searching for ways to maintain a healthier lifestyle. Our multi-disciplinary clinic includes physical therapists, nutritionists, acupuncturists, massage therapists, and chiropractors to help assess your body's condition and create a plan of action with you so that you can begin to feel your best!

Call us today to set up an appointment, and in the meantime, keep reading to learn tips on exercise habits and nutrition.

Why is nutrition important?

What you eat has a significant impact on how you feel. A person's diet is typically the main source of discomfort and inflammation! Your body depends on a combination of many lifestyle factors to fight off infection and disease as well.

Factors such as diet, sleep, exercise, whether you smoke, and stress levels can all impact your overall levels of wellness.

All the cells in your body, including your immune cells, require certain nutrients to function properly. These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth.

Everyone's needs are vary depending on their physical state. There is no such thing as a one-size-fits-all approach to health and wellness, because one treatment plan may not work for one person but not for another. A nutritionist can assess your mobility, balance, range of motion, and pain intensity, as well as show you how your diet may be causing your problems.

Some examples of healthy diets that don't focus on restriction:

- The Mediterranean Diet. This fish-heavy diet is rich in Omega-3 fatty acids. It's also high

in plant-based fats like olive oils and nuts and is great for heart disease prevention.

- The DASH (Dietary Approaches to Stop Hypertension) Diet. This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.
- A Probiotic-Rich Diet. This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This kind of diet improves gut health as well!

The benefits of daily exercise

When you feed your body the right foods and engage in regular physical activity, your entire body performs better. Exercise can help you

**CONTINUE READING
INSIDE >>**

The Benefits of Daily Exercise



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(Continued from outside)

reduce your risk of heart disease. It also helps to maintain the health and strength of your bones.

The brief rise in body temperature that happens during and immediately after exercise may aid in the prevention of bacterial growth. Although exercising is not directly linked to improved immune health, the body's ability to fight infection may be aided by this rise in temperature.

It's also worth noting that stress can increase your chances of getting sick! Exercise lowers your stress hormone levels, which can prevent you from having to take days off from work due to illness, or canceling fun plans with loved ones because you're not feeling up to it.

Physical activity can be difficult to develop a habit of, especially if you are hampered by chronic pain. Some people take anti-inflammatory or pain-relieving medicines to disguise their symptoms, while others give up on the idea of being active completely. Fortunately, we have a few better options at our clinic!

Our integrated care team at NYC Wellness is dedicated to making your experience as seamless as possible. Having a dedicated group of medical professionals behind you every step of your wellness journey is a sure-fire way to get back to feeling your best.

Receiving integrated care for a healthier lifestyle

Besides nutritionists, we offer a variety of other services that can help aid in wellness improvement.

Physical therapy

Pain alleviation, strengthening, and functional integration are the three main aspects of physical therapy. Physical therapy at our clinic aims to relieve pain and strengthen muscles. This is accomplished using a variety of therapeutic options, including ice and heat therapy, stretching, bracing, and ultrasound.

Our physical therapists will build a treatment plan for you based on particular movements that will improve your strength, flexibility, balance, and overall mobility. Many of these exercises will be assisted by your physical therapist, but some will be simple enough to do at home!

Acupuncture

Do you suffer from neck pain, headaches, or back discomfort on a regular basis? Acupuncture has been shown to help with these and other acute and chronic injuries, as well as overuse injuries.

Acupuncture treatments today are entirely based on Western medicine ideas and research. It creates an atmosphere that promotes the body's natural ability to recover, hence lowering pain.

Massage

Massage therapists can help athletes recover from injuries by breaking up scar tissue that causes pain and restricts movement, as well as using muscle relaxation techniques to ease tightness and pain. They can also help you build your immune system, enhance your posture, and increase your circulation.



Chiropractic services

You may be requested to do fundamental movements such as sitting, standing, walking, lifting, stretching, or other activities during your initial evaluation. Once your integrated care team has a clear picture of what you require, they'll start putting together a treatment plan to help you relieve pain and reach your objectives.

Are you ready to lead a healthier life?

Being healthier doesn't have to be difficult. We're here to help you get your footing beneath you when it comes to leading a more well-rounded, active lifestyle. Our care providers are eager to get started on working with you to help you achieve your goals and feel your best! Call us today to schedule an appointment.



New York City
WELLNESS

nyc-wellness.com

AT-HOME EXERCISE

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Exercises copyright of
SimpleSet Pro
www.simpleset.net

HEALTHY RECIPE

BALSAMIC BERRY VINAIGRETTE SALAD

- ½ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ½ tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ½ cup chopped walnuts



For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

**START
2022
OFF
RIGHT!**

We hope you and your loved ones had a safe & Happy New Year. Our team is grateful for the support you have shown us this year and if you need us, we are always here to help. We look forward to working with you in the new year to get you back to a pain-free & active lifestyle. Here is to a prosperous 2022!



BENEFITS OF WINTER EXERCISE

- No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
- You may be able to work out longer in cold weather—which means you can burn even more calories.
- It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
- Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.



What Our Patients Have to Say



“ The doctors are top notch!

“Love the staff from the smiling welcoming faces at the front desk to the rest of the staff. Any of the Docs there (Patel, Mazlin or Wolfson) will get you walking, running & jumping in no time. And unlike most medical places the longest I have had to wait for my appointment is 10 minutes and that was twice in 5+ years at a rate of once a week.”

— J.S.



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