



Curing your winter blues with movement

The winter weather, the shorter daylight hours, and maybe our current political state have a lot of people feeling the blues. Here at New Leaf Physical Therapy we have been sharing our holistic methods to prevent and fight the colds and viruses going around, as well as the overall stress and tension that this season often brings. With all the different teas, oils, and foods we each prefer, the common thing that we all use is movement and breath. Sometimes, the best cure is the easiest and cheapest ones.... we just need to see that it is ok to stop and take a few moments in the day for a little self care. Research has shown us that moving, even if just a short walk, makes us happier people.

New Leaf Physical Therapy is all about movement education (learning how to use our bodies the right way to enhance our function and prevent injury), but we also know the importance of short routines that we can do on our own to bring back an inner peace when the going gets tough. Whether in a movement session, a class, or physical therapy session it is always our goal to empower you with customized tools to help your individual body. We create short home exercise programs that you can

do on your own, anytime, anywhere.

If you still need more encouragement to get moving read this recent article, by Gretchen Reynolds, from the NY Times, **"Get up and move. It may make you happier."**

<http://www.nytimes.com/2017/01/25/well/move/get-up-and-move-it-may-make-you-happier.html?smprod=nytcore-iphone&smid=nytcore-iphone-share>



New Leaf PT
646-919-0959 | info@newleafpt.com
<http://newleafpt.com>

 Forward to a Friend

