



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME
APRIL 2021



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

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7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Leaps and Bounds, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

YOUR HEALTH AND YOU:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that

you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

INCREASING YOUR STRENGTH AND FLEXIBILITY:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca



7 TIPS YOU CAN DO ON YOUR OWN:



Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Leaps and Bounds for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

CONTACT LEAPS AND BOUNDS TODAY!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Leaps and Bounds would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

We can help you live a more active lifestyle. To learn more about how you can get up and get active, contact our clinic at (905) 847-5227 today!

HELP US HELP
OUR COMMUNITY!



Last month we raised money in support of the Brain Canada Foundation. This month we're supporting the GI Society of Canada. Click [here](#) for more information!

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET
SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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NUTRITION & COVID-19

Nutrition is important at the best of times and essential at the worst of times. There are evidence-based nutrition and lifestyle strategies that already exist to promote a healthy immune system, but not when it comes specifically to preventing and alleviating symptoms of COVID-19. This article will summarize the research that has been done so far with nutrition and COVID-19, and it will focus on what you can do to support a healthy immune system, including reducing inflammation that can potentially increase the risk of infection.

Scientists suspect that inflammation can increase the risk of COVID-19 and are continuing to investigate whether an anti-inflammatory dietary approach can help to support the immune system.

The most well studied anti-inflammatory diet is the Mediterranean diet, which is high in vegetables, fruits, legumes, olive oil, whole grains, and nuts; moderate in fermented dairy products, fish, poultry, and wine; and low in ultra-processed foods and red meat. The Western diet, on the other hand, is considered to be pro-inflammatory and can lead to a low-grade inflammation state. Eating a balanced diet, getting enough sleep, being physically active, and reducing and managing stress are highly recommended to maintain your immune system.

1. Vitamin D — There is only weak evidence to support taking vitamin D for COVID-19, but some experts are recommending supplementation, given its key role in strengthening the immune system. Taking a vitamin D supplement of 2,000 IU/day is likely safe, and you should consult with your doctor if you have low vitamin D levels as you'll need to take more than that.

2. Vitamin C — There is only weak evidence for taking vitamin C for COVID-19, and the recommendations for high doses of vitamin C given intravenously (IV) were based on observational studies. Some experts suggest eating more fruits and vegetables to get vitamin C, and/or taking supplementation of 200-2,000 mg/day orally, for COVID-19. Go cautiously, as very high doses of oral vitamin C (>5,000 mg) can cause gastrointestinal side effects, such as nausea.

3. Zinc — Zinc plays a key role in the development of immune cells, and some experts suggest that supplementation of 30-50 mg/day might help control RNA viruses such as coronaviruses. Foods rich in zinc include nuts, seeds, legumes, meat, and dairy.

4. Fish and Fish Oils — Fish and high-quality fish oils contain anti-inflammatory omega-3 fats. Eating 2-4 servings of fish per week has been associated with a reduction in all-cause mortality, but it is still not clear at this time if it will help in any way against COVID-19.

5. Gastrointestinal Tract and Fibre — Fibre, some types of which are prebiotic, helps to promote a healthy microbiome, feed beneficial gut bacteria, and maintain gut barrier function. Studies have shown that fibre lowers the incidence of bacterial translocation across the gut, which may help reduce infection and enhance the immune system. It is not yet known if fibre protects against COVID-19, but it is still an excellent idea to continue eating the recommended 25-38 g of fibre per day. Foods rich in fibre include vegetables, fruits, legumes, nuts, seeds, and whole grains.

6. Probiotics — There is currently no evidence that probiotics can help cure or prevent COVID-19. China's National Commission did advocate for the use of probiotics for patients with severe COVID-19, however, we need good quality evidence before this claim can be made. The WHO does not recommend the use of probiotics for COVID-19 at the time of writing this article.

Source: <https://badgut.org/information-centre/health-nutrition/nutrition-and-covid-19/>



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STAFF SPOTLIGHT



NADIA COLAVECCHIO
FRONT DESK STAFF

Good Luck, Nadia!

We are very sad to be losing Nadia at the end of the month. She has been with us for each of our five years and we have watched her grow into a beautiful, hardworking, and responsible woman. Nadia is completing her studies and will be starting her career as a respiratory therapist during this very challenging time. Thank you, Nadia. We'll miss you.

