

# HOW OUR TEAM CAN HELP YOU GET HEALTHIER



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

## HELP US HELP OUR COMMUNITY

This month we will be raising money for [Oakville Hospital Foundation](#)! We will donate \$10 for every Google review we receive!



**Oakville  
Hospital  
Foundation**

*The mission of Oakville Hospital Foundation is to connect generosity to world-class community healthcare at Oakville Trafalgar Memorial Hospital (OTMH).*

**CLICK HERE TO DO GOOD & LEAVE US A REVIEW TODAY!**

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At Leaps & Bounds Performance Rehabilitation, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place – and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

**Are you ready to start making healthy changes in your life? Call us today to set up an appointment!**

**[CLICK HERE TO SCHEDULE YOUR APPOINTMENT](#)**

### WHAT IT EVEN MEANS TO “BE HEALTHY”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

**CALL US TODAY TO START HEALING: 905.847.5227**

# SIMPLE TIPS FOR HEALTHY LIVING



- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of "health food" status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.
- 5. Meditate Daily:** Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

## OUR PRACTITIONERS' ROLE IN PROMOTING GOOD HEALTH

Our practitioners have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.
- And much more! When you visit us, we'll create a customized program that addresses your unique needs.

## FIND GOOD HEALTH WITH OUR TEAM!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/> • <https://www.who.int/about/governance/constitution> • <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>



## Carrie Alderdice, Registered Massage Therapist

Carrie has an extensive background in the field of musculoskeletal disorders and dysfunction.

Her educational journey began at Sheridan College, where she graduated with Honors while earning a Bachelor of Applied Health Sciences in Athletic Therapy in 2011. Following this, she went on to complete a diploma in Massage Therapy at the Ontario College of Health & Technology in 2013.

Carrie's specialization lies in orthopedic and sports injury rehabilitation. Demonstrating an unwavering commitment to knowledge and skill enhancement, Carrie continuously pursues professional development through courses such as CranioSacral Therapy, Strain & Counter Strain, Direct Myofascial Release, Kinesio Taping, Pre-natal Massage, Dry Cupping, Soft Tissue Release, Visceral Manipulation, Advanced Sports Massage, Muscle Energy Technique, and more.

# HOW TO APPROACH A NEW YEAR'S RESOLUTION



**LEAPS & BOUNDS**  
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## GET IN TOUCH

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**PERFORM BETTER**  
**RECOVER FASTER**  
**STAY IN THE GAME**

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight. Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards. Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

**It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.**

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health. 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, contact us today for more information.

Good luck completing your resolutions this year! Our team at Leaps & Bounds Performance Rehabilitation is confident in your ability to hit your goals.

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