



JULY 2021

NEWSLETTER

Your Resource for a Healthy Lifestyle



STAYING ACTIVE AND BECOMING BETTER BALANCED

INSIDE...

Healthy Recipe:
"Nice Cream"

Exercise of the Month:
Single Leg Stance

FREE MOG Fitness
Evaluation



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STAYING ACTIVE AND BECOMING BETTER BALANCED

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THERE ARE A MILLION AND ONE TIPS that are passed down generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

Mental and Physical Balance

Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them – work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed

the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

[Article Continues Inside >>](#)

Call one of our convenient locations TODAY to schedule your return appointment!

More Steps You Can Take Towards Balance



It really benefits your overall health and balance to take steps to ensure that you are getting a full night of rest, that you are exercising regularly, and that you are eating a healthy diet are all strong components to ensuring you are well-balanced.

Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.

**HAVE YOU SEEN OUR M.O.G.?
REQUEST A TOUR TODAY!**



It's Never Too Late

You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. There are plenty of ways to incorporate light activity into your lifestyle, such as:

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life.

If you feel that your physical health or an old injury is holding you back from being active, contact us. Working with the team at Trilogi and taking advantage of our Medically Oriented Gym (M.O.G.) can help you achieve improved balance and a healthy lifestyle.

HEALTHY RECIPE "NICE CREAM"

Ingredients:

- 4 bananas, frozen
- 2 tbsp nut butter (almond, peanut, cashew, etc.)
- Splash of non-dairy milk
- 1 cup fresh strawberries, sliced
- 1/2 tsp vanilla extract



Directions: Combine the bananas, nut butter and splash of non-dairy milk in a food processor and blend until smooth and creamy. **TIP:** If the mixture is too thick to blend, add more non-dairy milk until smooth. Add the strawberries and vanilla and blend, leaving a few solid bits of strawberry throughout. Serve immediately or transfer the 'nice cream' to an airtight container and freeze for 30 minutes for a soft texture or for 1 to 2 hours for a firmer texture. Serve with your favorite toppings, if desired.

Source: <https://www.savoryonline.com/recipes/211982/nice-cream>

EXERCISE OF THE MONTH

Use this exercise to improve your balance.


SINGLE LEG STANCE

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg carefully, for 15-30 seconds. Return to starting position, and then balance on the opposite leg for 15-30 seconds. Repeat as desired.



mytrilogi.org

Always consult with your physical therapist before engaging in an exercise you are not comfortable with.

Exercises copyright of
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WHAT'S HAPPENING AT TRILOGY?

MEMBER SPOTLIGHT

Jeannie B.



MOG Fitness Evaluation Day

Wednesday, July 28th - All Day

You're invited to come to Trilogy for a FREE fitness evaluation in our MOG! Can't make it that day? Call us to schedule one for a different day, we are offering free fitness evaluations the entire month of July!



Physical Therapy "Redflag" Week

July 19th - July 30th

Dealing with aches and pains? Call us to schedule your complimentary screening with one of our Physical Therapists.



In September 2020 Jeannie weighed 200 lbs, her A1c was at 8.8 and she had Type II Diabetes. Her doctor referred her to Trilogy and told her that if she did not lose weight and get her diabetes under control, she would have to take insulin. Fast forward nine months later, Jeannie has lost 60 lbs and is currently 140 lbs! Her A1c is 5.3. How did she do it? She worked with Trilogy staff and started with 20 minutes of

cardiovascular exercise each day and eventually added in a resistance-based program. She changed her nutrition habits, paying more attention to portion sizes, and started working with a Nutritionist. Her nutritionist helped her to increase her protein and water intake, decrease her carbohydrate intake, and pay more attention to food labels and the ingredients in food. In addition to losing the weight, Jeannie's Body Fat decreased by 9%, body mass decreased by 9, and her waist circumference is 8.5 inches less. Her MOG Fitness score improved by 9 points! She states that she could not have reached her goals without the ongoing support of the Trilogy staff. What is next for Jeannie? 5 more lbs of weight loss and then a new wardrobe!

Do you know what a MOG fitness score is? Do you know your numbers?

Everybody deserves a healthy independent pain free life. Our goal is to help you achieve that. Our MOG Fitness score records specific data points: Body Mass Index, Body Fat percentage, waist circumference, and a sub maximal VO2 (cardiovascular endurance) level. Each of these tests has research that provides a normal value for age and gender. We take your values for each data point and add them together to get your MOG fitness score. A lower number indicates a higher level of fitness and decreases your risk for chronic diseases and conditions. During the evaluation, we ask questions about your stress, nutrition, and any other factors

that may be contributing to your health. Balance, lower extremity strength, and any pain or orthopedic conditions also impact your ability to exercise, and we assess all of those and review your results with you.

Your MOG Fitness Score allows you to realistically understand your current level of fitness and our staff can help you set realistic goals. Research shows that after three months your body adjusts to your exercise routine and the benefits of your routine are achieved, which is why we schedule your re-eval every three months. We want to help you continue to challenge your body to help you achieve a healthy independent pain free life.

Contact us to schedule a MOG Fitness Evaluation!

We need your help! Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story. Your 5-star review helps us to change more people's lives! THANK YOU for your support!

COLLABORATIVE PARTNER SPOTLIGHT

Financial wellness has a direct connection with health. Several studies have demonstrated this correlation, and stress is at the root of this interrelation. Healthcare costs, financial emergencies, and planning for retirement also cause financial stress levels to rise. **The Financial Guys** can help you with wealth management, retirement planning, Medicare, Social Security, home & Auto, and more. Contact them at **833-346-4897** or **contact@thefinancialguys.com**. We want to help you achieve total health, including financial wellness.

GRAND ISLAND



KENMORE



WEST SENECA



WHEATFIELD



PTMOGTrilogy



PT_MOG_Triology