



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## HOW WE CAN HELP YOU GET HEALTHIER THIS WINTER

Amherst  
716.217.5083

Grand Island  
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West Seneca  
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Clarence  
716.503.2320

Kenmore  
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## HOW WE CAN HELP YOU GET HEALTHIER

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 Trilogy Physical Therapy, 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!

### 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.”

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# 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 physical therapists 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!

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>

## UPCOMING WORKSHOPS

### SHOULDER PAIN

Jan. 9<sup>th</sup> & 25<sup>th</sup> @ 6 PM

At Our Kenmore Clinic

### KNEE PAIN

Jan. 9<sup>th</sup> @ 6:30 PM

At Our West Seneca Clini

Jan. 23<sup>rd</sup> @ 6:30 PM

At Our West Seneca Clinic

Jan. 11<sup>th</sup> & 25<sup>th</sup> @ 6 PM

At Our Clarence Clinic



*mytrilogy.org*

Call 716.503.2320 to reserve your spot now! Hurry there is a limited number of spots for these workshops available.

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## WE OFFER OCCUPATIONAL THERAPY

Did you know that Trilogy also offers Occupational Therapy? Occupational Therapists (OT's) focus on the things you want and need to do in your daily life. OT intervention uses everyday life activities to promote health, well-being and your ability to participate in the important activities in your life. The specialize in treating individuals with conditions affecting the hands and arm. Some of the diagnoses that an OT can manage: repetitive strain injuries, fractures and dislocations, tendon injuries and repairs, osteoarthritis and sports injuries. **If you think Occupational Therapy can help you, contact our West Seneca office today and schedule an appointment with Kali Sherbino, OT.**

## **Pelvic Floor Therapy Resumes at Our West Seneca Location in January!**

Traditionally associated with women's health, pelvic floor therapy is now recognized as beneficial for individuals of all genders. This specialized form of physical therapy focuses on strengthening and rehabilitating the muscles that support the pelvic organs, addressing a range of issues from incontinence to pelvic pain. For females, pelvic floor therapy can be a game-changer during various life stages, including pregnancy, postpartum recovery, and menopause. It aids in addressing issues like pelvic organ prolapse and enhancing overall pelvic health. Meanwhile, for males, this therapy is increasingly acknowledged for its efficacy in treating conditions such as erectile dysfunction, chronic pelvic pain syndrome, and post-prostatectomy issues.

Both genders can benefit from personalized treatment plans that include exercises, manual therapy, and education about lifestyle modifications. By destigmatizing and embracing the broader application of pelvic floor therapy, individuals of all genders can enjoy improved quality of life and enhanced overall well-being. So, let's break the barriers, prioritize pelvic health, and empower everyone to take charge of their bodies.

## **NEW YEAR, NEW YOU!**

Trilogy would like to wish everyone a happy and healthy new year! Let us help to make 2024 the best year yet. During the holidays, we tend to think of others. Now is the time to start thinking of yourself. Start 2024 off right by meeting with one of our Exercise Specialists at any MOG and upgrade to the Platinum membership.

For only \$125 a month, or with a Medicare Advantage, only \$100 a month, they can do an evaluation with you and come up with fitness goals. Then, they will do personal training with you eight times that month to help reach your goals. When training with our staff, you will receive a personalized workout, instruction, variety, motivation and accountability. Or, if you would like a stretch and go or restore session that day you are able to mix and match that with the personal training.

The Platinum membership also includes a nutrition consult, where we will evaluate where you are right now and the challenges that you are facing. You will also learn important information that will help guide you towards a healthy nutrition lifestyle. Do not forget about the multiple varieties of classes that are offered that you can take advantage of with the Platinum membership.

With the MOG and our Exercise Specialists, we can help you lose weight, reduce your risk for chronic health conditions, improve your mood, boost your energy and improve your sleep. **Sign up now!**



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