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STAY IN THE GAME



Newsletter for all our Form & Function Family



Running Tips for Beginners- Avoid Injuries and Improve Your Health

Running is usually one of the first things that people think about if they want to get a little bit fitter, lose some weight and feel healthier—so we have put together some running tips for beginners which are simple, easy to follow and will help reduce the chances of injury. When you are next out driving, take a look at how many people are out pounding the streets. You will notice a LOT of people out running, making the most of the lighter nights. After all, it's a lot more enjoyable and more appealing to be outside now rather than 3 months ago when it was colder and darker! There's a lot of common issues and injuries that can happen when you are running, especially if you are starting out or just getting back into it during the early weeks of Spring. As with easing and ending other pains, there are things you can be doing to ease your pain naturally without painkillers or surgery.

OVERVIEW:

- Running Tips for Beginners- Avoid Injuries and Improve Your Health
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Running Tips For Beginners-Getting Started

Running your first 5K (or 3.1 miles) is an exciting goal, a popular distance for first-timers and the perfect way to get in shape and have some fun while exercising. Even if you don't consider yourself a runner (yet), almost anyone can be ready to run a 5K by starting slowly. If you're feeling nervous, you're not alone. More experienced runners get nervous ahead of races too, but many new runners worry they're "too slow" or they will be last or not finish at all. Facing your fears and overcoming them will give you a big confidence boost. Feel proud of yourself: Crossing the finish line of your first race will be something you'll remember for a long time. And improving a PB (your personal best time) is a goal that can continue to stay with you as a runner. But be warned, those feelings of accomplishment and excitement can be very addictive!

Pick out the right clothes and gear:

From choosing the best running shoes and sport bras to knowing what to wear in any temperature or weather, it's important to dress correctly and smart to help you look good and feel even better. Choose a training plan that motivates you: There are many overwhelming 5K training programs available. The couch to 5k app is a wonderful way to start with—it's full of great ways to get motivated and track your progress. Here at Form and Function we have been asked about how to avoid that post run stiffness and aches during the run. Warming up is vital for everyone: you will see Olympic athletes completing vigorous warm ups before their events, and you will have seen park runners stretching and lightly jogging to prepare before the 9am start on Saturday. Your warm-up needs to prepare you for the transition from zero to race effort. Warm up regimens vary based on the distance of the race and your race goal.

How To Avoid Injury

The shorter the race, the more thorough the warm-up must be. If your goal is to reach a personal best, you will need to beat your own race speed right from the start. This requires a thorough warm-up to prepare you to start at that pace to avoid a slow opening. It's like driving your car without warming it up after it has been sitting in the parking lot for hours in 10 degree weather. It will take 10-15 minutes for your car to respond efficiently without a warm-up and it is quite taxing on the car as well. Your body works the same way. A good warm up for a 5k run would be: 15-20 minutes prior to the race start, take 3 minutes and walk briskly gradually raising your heart rate and circulation to the working muscles. Then run 3-5 minutes at an easy pace and then walk briskly 3-5 more minutes. If you run-walk, alternate running for 1 minute and walking 1 minute for 6 minutes instead of running continuously. Your body will be warm and ready to go.

Product We Love



[Click image for link](#)

Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints Why Joint NutraCare stands apart from other supplements on the market? REVOLUTIONARY ALL-NATURAL SUPPLEMENT

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

- Improve joint comfort by providing the building blocks for joint cartilage and ligaments
- Naturally reduce inflammation
- Reduce wrinkles and improve skin health
- Naturally improve hormone levels
- Improve bone density
- Increase antioxidant levels to help reduce aging
- And many more health benefits...

Strengthening Your Knee Joint

It's vitally important to ensure your knee muscles are strong enough to cope. These days, everyone thinks the answer to any problem or physical pain is to just 'do some exercises'. Exercises are one of the secrets to ending and easing knee pain naturally, but there's a right way and a wrong way to go about it

If your knee is painful or swollen, the first thing you have to do is STOP exercising. If it's not too bad, take a gentle walk for 20 minutes or so on a flat surface, but don't carrying on with your usual exercise routine, because you'll make things worse. A knee joint that's painful and swollen is a sign that your knee isn't strong enough and you need to understand there's a difference between exercising and doing exercises. The latter is what you need to recover a knee joint that hurts .

Our top tips...

- 1.Focus on improving the strength and control of your quad muscles (the muscles at the front of your upper leg).
- 2.You also need to consider having lower back muscles that are strong and hips that move freely.
- 3.You need to be wearing the right footwear with enough cushion to absorb shock (the impact every time your foot lands when you walk).
4. Focus on maintaining proper form during exercises to avoid putting unnecessary stress on the knees. Avoid exercises that exacerbate knee pain or discomfort.
5. Get in front of a physical therapist if your knee starts to cause you pain. A PT can utilize a hands-on approach to get you ready for your next race!

So there you have it! Preparing for your first race can seem like a daunting task. As long as you're challenging yourself while still putting your health at the forefront, this experience can make your fitness goals a reality!

If you experience any of these, you should call us at

888-619-2885

to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back on the golf course quickly.

You can find out about the cost and availability of a physical therapy assessment by

Scheduling Here.

<https://app.pteverywhere.com/formfunctionpt/bookingonline>

Benefits of PEMF

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration.

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

Health Tip & Trick: 4 Reasons Why Running in the Cold is Good For You

By: Trevor Field

I'm not going to pretend that I 'enjoy' stepping outside on a fresh cold morning in my running shorts... But just because the temperatures outside have suddenly dropped, shouldn't mean you should stop pounding the pavements. And because I know a lot of people are likely to be feeling this way too, I wanted to share five good reasons why running in cold weather is actually good for you, so you don't STOP!

So lace up your running shoes, bundle up, and get outside to run after reading this...

1. IT'S THE IDEAL WEATHER FOR RUNNING

Believe it or not, cold weather is actually ideal for your run.

The colder the weather, the less heat and stress on the body, which makes it significantly easier to run. Running in hot weather is taxing on the body, you've got to hydrate even more and make sure you don't overheat – there's a reason why most marathons are held in the cooler months of the year.

2. RUNNING IN THE COLD PROMOTES WEIGHT LOSS

Running in the cold can actually burn more calories as the body has to expend more energy on staying warm. During the Fall and Winter months it's a lot more tempting to move less and eat more – so taking your run outside is a great way to maintain your weight, and shed some if you want to.

3. RUNNING CAN KEEP YOU FEELING GREAT!

As the nights creep in, levels of a feel-good chemical in your brain fall, which can bring on something called Seasonal Affect Disorder in some people. Running helps release powerful hormones that help combat this 'dull' feeling, increasing positive mood states during the colder months.

4. YOU'LL KEEP IN SHAPE!

Many people wait to run until the weather warms up, attempting to cram in their workouts and get in shape for their summer vacations. Maintaining your regular routine, no matter what the weather, keeps excuses at bay and helps you stay on track all year round!

So there you have it! Four reasons why running in the cold is actually good for you, and why you shouldn't stop, even if the colder mornings aren't so appealing.

My big tip on this: If you are running now that it's cooler outside, proper warm-ups and cool-downs are even more crucial to keeping the body in top shape and free from injuries. Be sure to stretch before and after runs, and even treat yourself to a sports massage, to keep your body free from any nagging pains and injuries. As we're nearing the end of spring, it may be time for you to get out there and run before it starts heating up.

Promo of the Month

\$35 PEMF Demo



Recipe We Love *Protein Waffles*



How to Prepare Protein Waffles

1. Heat a waffle iron on its medium setting.
2. Place cottage cheese, egg yolks, vanilla, and sugar, if using, in the blender. Add 6 tablespoons water, oat flour, baking powder and salt and blend until mixture is smooth batter. Transfer to a medium bowl using a spatula to get all the batter out.
3. Beat the egg white to soft peaks then fold into the batter.
4. Spray pre-heated waffle iron with oil spray. Pour batter into iron (about 1/4 cup) and cook until golden brown and steam is no longer being released.

Nutrition Facts

Two protein waffles(1/2 cup of batter) are equal to a single serving.

- Calories: 121
- Total fat: 4.5 g
- Saturated Fat: 1.5 g
- Cholesterol: 81 mg
- Sodium: 224.5 mg
- Total carbs: 12 g
- Dietary fiber: 1.5 g
- Sugar: 1.5 g
- Protein: 8.5 g

Ingredients

- 2/3 cup 4% milk fat small curd cottage cheese
- 2 large eggs, separated
- 1 teaspoon vanilla extract
- 1 tablespoon sugar, (optional)
- 6 tablespoons water
- 1 cup oat flour, *or grind old-fashioned rolled oats in blender
- 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt