



# STAYING ACTIVE IS THE KEY TO FINDING MENTAL & PHYSICAL BALANCE

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com) | (705) 413-3587

## INSIDE:

- How Physiotherapy Can Help You Keep Your Balance
- Dijon-Glazed Pork Chops With Apple-Tarragon Relish



## STAYING ACTIVE IS THE KEY TO FINDING MENTAL & PHYSICAL BALANCE

Our team of physical therapists understands the struggles to find balance in the different aspects of your life. Lake Country Physiotherapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to balance in your physical and psychological health and improved life satisfaction. Exercise and diet, particularly in combination, have the most significant positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise is one of the most powerful tools for your overall well-being.

The good news is that with guidance from Lake Country Physiotherapy physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. **Call today to make an appointment!**

### Mental & Physical Balance

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day for recreation or running around the office, or how frequently you head out to the backyard to run around with your children or dog.

Mental health is most commonly associated with handling the demands of family, work, and personal responsibilities. Finding ways to take care of yourself include identifying your stressors and triggers and proactively finding ways to unwind, like meditation or yoga, which can make a big difference in how you cope.

Too often, we buy into the perception that working a 10-hour day is necessary to demonstrate a strong work ethic

and get ahead. Or, for some, it's taking on too many tasks like cooking and cleaning, driving the kids to all their events, and keeping the house clean.

This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health, and believe it or not, it can lead to trouble with maintaining your actual balance.

For some, frequently tripping and falling or feeling dizzy when standing too long can be a sign that you are not taking care of your health properly. But even if you are not having fundamental issues with your ability to stay balanced this way, you may still have difficulty maintaining overall health and well-being balance.

At Lake Country Physiotherapy, our therapists can address any balance issues you may have. ***We can help you can improve your physical balance with exercises that:***

- Increase muscle strength
- Improve stamina
- Improve core strength
- Challenge your balance in different situations

We are experts at identifying the root cause of your problem and offering simple solutions to resolve them. We provide comprehensive programs that address the areas where you may be out of balance and give you the tools to maintain all aspects of your health!



Get your life back on track with  
Lake Country Physiotherapy!

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com)

Phone: (705) 413-3587 Fax: (705) 327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

# How Physiotherapy Can Help You Keep Your Balance

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

## 1. Exercise

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

## 2. Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

## 3. Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being. Seeking help from a trained expert like a nutritionist, naturopath, or family physician can ensure you get guidance for your individual needs.

## 4. Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you

can increase a sense of purpose and love in your life.

## 5. Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.



## Contact Our Clinic Today

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physiotherapists at Lake Country Physiotherapy can help you achieve improved balance and a healthy lifestyle.

Sources:  
<https://journals.sagepub.com/doi/abs/10.1177/1049732310379240>  
[https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full#utm\\_source=miragenews&utm\\_medium=miragenews&utm\\_campaign=news](https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full#utm_source=miragenews&utm_medium=miragenews&utm_campaign=news)  
<https://www.mdpi.com/journal/ijer/article/10.1080/13607863.2018.1548357>  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.607294/full>  
<https://link.springer.com/article/10.1186/s40359-014-0055-y>  
<https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhrj>



Get your life back on track with  
Lake Country Physiotherapy!

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com)

Phone: (705) 413-3587 Fax: (705) 327-9064

## Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!  
Don't miss out - follow us today!

 @LCPorillia



## Show Us Some Love!

**WE MAKE IT EASY  
TO LEAVE A REVIEW!**

Scan the QR Code to visit our Reviews page and tell us how much you love Lake Country Physiotherapy!

# Dijon-Glazed Pork Chops With Apple-Tarragon Relish



## BRINE

- 1 quart cold water
- 2/3 cup kosher salt
- 2/3 cup packed light brown sugar
- 3 bay leaves
- 2 teaspoons freshly ground black pepper
- 4 cups ice cubes
- 6 bone-in pork loin chops, each about 6 ounces and ¾ inch thick, trimmed of excess fat

## RELISH

- Extra-virgin olive oil
- 1 large yellow or red onion, finely chopped (about 2 cups)
- 2 medium Fuji apples, cored and cut into ¼-inch dice (about 2 cups)
- 1 teaspoon finely grated lemon zest
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped fresh tarragon leaves
- ½ teaspoon kosher salt
- Freshly ground black pepper
- 2 tablespoons Dijon mustard
- 30 pistachio nuts, shelled and roughly chopped (about 3 tablespoons)

1. In a large saucepan mix the cold water with the salt and the sugar, and whisk over medium heat on the stove until the salt and sugar are dissolved. Remove from the heat and stir in the bay leaves and the pepper. Add the ice cubes. Put the pork chops in the brine and allow them to stand at room temperature for about 30 minutes, or refrigerate for 2 hours. Meanwhile, make the relish.
2. In a 12-inch skillet over medium heat on the stove, warm 2 tablespoons oil and add the onion. Sauté until tender and slightly golden, about 10 minutes, stirring often. Stir in the apples and cook for 2 minutes more. Remove from the heat and stir in the lemon zest, lemon juice, tarragon, salt, and ¼ teaspoon pepper.
3. Prepare the grill for direct cooking over medium heat (350° to 450°F).
4. Whisk the mustard with 3 tablespoons oil and ¼ teaspoon pepper. Lift the pork chops from the brine and pat them dry with paper towels. Discard the brine. Brush the chops on both sides with the mustard mixture.
5. Grill the chops over direct medium heat, with the lid closed, until an instant-read thermometer inserted into the center of the pork chop registers 145°F (or your preferred doneness), 5 to 7 minutes, turning once after 3 minutes. Remove from the grill and let rest for 3 to 5 minutes. Reheat the relish. Serve the chops warm with the relish, and top with the nuts. source: <https://www.weber.com/LifeRecipes/pork/dijon-glazed-pork-chops/weber-268249.html>



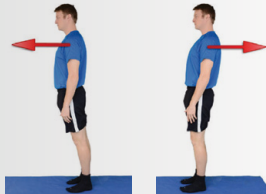
## Ready To Get Started?


At the end of the day, Lake Country Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Orillia area, or any of the surrounding areas, and you are looking for relief, look no further. Lake Country Physiotherapy is here to help as one of the most favoured Simcoe County physiotherapy practices.

Call our office at (705) 413-3587 or visit us online at [www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com) to schedule an appointment with one of our physiotherapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

## Exercise Essential



 SimpleSet Pro

## BALANCE ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.

## Did You Know?

### We Can Also Treat:

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains