

*Boulet Physical Therapy  
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

# NEWSLETTER

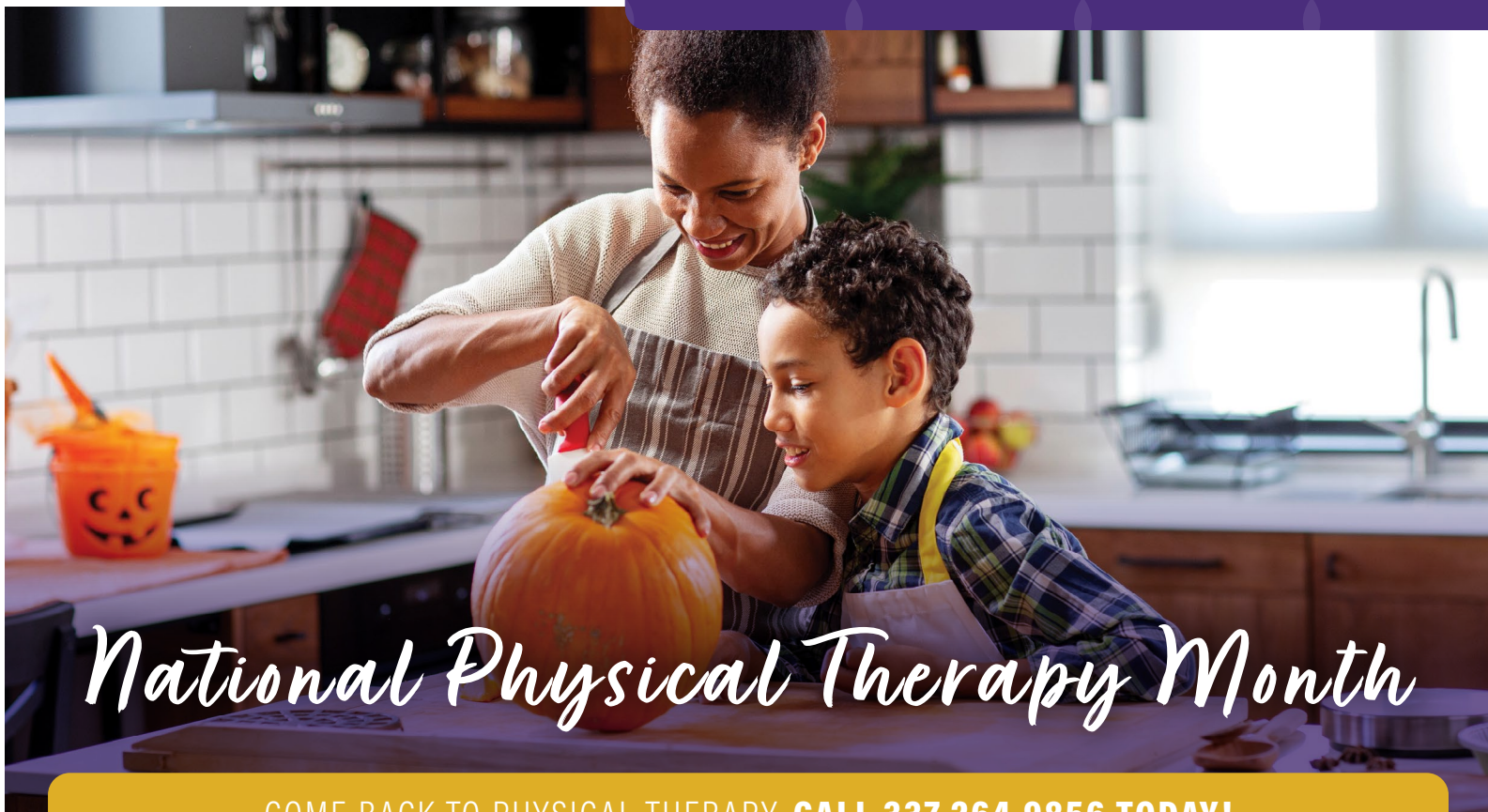
*Your Resource for Health, Wellness,  
& Caring for Your Body*



***OCTOBER IS  
NATIONAL PHYSICAL  
THERAPY MONTH***

## **MISSPELLED MANIA**

Be the first 3 to call 337.264.9856 with the misspelled word and receive a \$10 Gift Card!



## National Physical Therapy Month

COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

Every October we celebrate National Physical Therapy Month, an annual opportunity to raise awareness about the benefits of staying physically active.

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control, and overall quality of life. It is estimated that 80% of US adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to be diagnosed with a chronic disease such as heart disease, diabetes, obesity, and depression.

It is a well-known fact that regular physical activity can improve many chronic conditions. America, it's time to get moving!!!!

According to the CDC and the American College of Sports Medicine guidelines, the following amounts of physical activity are recommended:

**CHILDREN AND ADOLESCENTS** (ages 6-17) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.

**ADULTS** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least 2 days a week for muscle strengthening activities. Flexibility should be incorporated into your routine daily. Adding more time provides further benefits.

**OLDER ADULTS** (ages 65 and older) should do at least 150 minutes of aerobic activity a week and include muscle strengthening activities 2 days a week. You should add components such as balance training as well.

Physical therapists are movement experts who improve quality of life through prescribed exercise programs and patient education. They can create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.

**SCARED TO GET MOVING?** Call us today at 337.264.9856 so that we can help to get you exercising your way to a healthier, happier life! Specific questions regarding exercise programs can be directed to Patricia Boulet, PT at [patricia@bouletptandwellness.com](mailto:patricia@bouletptandwellness.com)

Sources: American College of Sports Medicine ([www.acsm.org](http://www.acsm.org))

# 5 LEAF RAKING TIPS FOR THIS AUTUMN

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread- raking leaves. Thankfully, there are a few easy ways to make raking the leaves more enjoyable.

## 1. IF YOU CAN, RAKE DOWNHILL

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

## 2. PULL THE LEAVES TOWARDS YOU AS YOU RAKE

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

## 3. DIVIDE YOUR LAWN INTO SECTIONS

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the workout over a couple days.

## 4. WAIT UNTIL THE LEAVES STOP FALLING

There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

## 5. WEAR THE PROPER CLOTHES

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.



# OCTOBER IS BREAST CANCER AWARENESS MONTH

Did you know that about 1 in 8 U.S. women will develop invasive breast cancer at some point in their lifetime? October is breast cancer awareness month- and we at Boulet Physical Therapy want to take this opportunity to encourage women to take preventative health measures.

When was the last time you were screened for breast cancer? Early detection is key when it comes to treating breast cancer. There are more treatment options and a better chance of survival if breast cancer is detected early.

Women diagnosed with breast cancer at an early stage have a five-year survival rate of 93 percent or higher. We also offer rehabilitation services for those in remission from breast cancer. If you need help regaining your strength, our dedicated therapists are ready to assist you. We are here for you this fall! Give us a call at 337.264.9856.



COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

# Patient Success



***"They show the utmost professionalism and respect."***

*"After a fall and injuring my shoulder, I did not know where to turn. I saw an advertisement for a free shoulder pain seminar sponsored by Patricia Boulet at Boulet Physical Therapy. I attended with a friend and Patricia spoke about alternatives to surgery and injections. She offered a free screening to those present. I scheduled my appointment for the next day as I was tired of waking up in pain every night. Boy am I glad I did. Patricia explained my treatment plan in simple terms that I could understand. My husband Darryl, who is legally blind, was also experiencing shoulder pain of a different type. I spoke to Patricia about him she said they could screen him as well. Taylor screened Darryl and worked up a treatment plan. Taylor and the entire staff were all aware of Darryl's limited vision and made sure he understood his exercise program completely. Darryl is completely pain free and I am almost there thanks to Patricia, Taylor and the entire AWESOME staff. They show the utmost professionalism and respect. They treat you like you are family and friends. They are the BEST!!!!" — C & D*

## SPOOKY RECIPE: SPIDER DEVIL EGGS



### INGREDIENTS:

- 12 large eggs
- 2 tbsp diced pimientos plus more for garnish
- 2 tbsp canola mayonnaise
- 2 tsp grainy Dijon mustard
- 2 tsp apple cider vinegar
- 1/4 tsp black pepper
- Dash of hot sauce
- 4 oz sharp cheddar cheese
- 3 large pimiento-stuffed olives, each cut crosswise into 4 thin slices

**DIRECTIONS:** Fill a large saucepan with water to a depth of 1 inch; bring to a boil. Place steamer basket in pan; place eggs in basket. Cover and steam 15 minutes. Plunge eggs into a bowl filled with ice water. Let stand 5 minutes. Peel eggs. Remove top 1/3 of hard-cooked egg white from each egg (reserve caps). Use a teaspoon to remove yolks while keeping whites intact. Place yolks in a medium bowl. Add pimientos and next 6 ingredients (through cheese), stirring until well combined. Place yolk mixture in a large Ziploc bag; snip one corner from bottom of bag to create a hole. Pipe yolk mixture into egg white cups, filling to just above the rim of each cup. Place one olive slice on exposed yolk mixture of each egg to create the body of the spider topping. Chop slices of olives to create the legs. Add pimiento pieces to either side of the body for horns, if desired.

<https://www.cookinglight.com/recipes/devil-eggs>

## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness.*

*Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!*

[BOULETPTANDWELLNESS.COM](http://BOULETPTANDWELLNESS.COM)

## SPREAD THE LOVE!

*Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: just scan this QR code with your smartphone's camera.*



# CALL BOULET TODAY



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**337.264.9856**