

THRIVING

*cheers to
dads and
dudes*



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Integrate Self Care Across Your Entire Self

Dante Leone • DPT, OCS, DipACLM, CSCS • Physical Therapy Clinical Director



For men, chronic diseases, such as heart disease, diabetes, high blood pressure, prostate cancer, erectile dysfunction, depression, etc., have become all too common in our society. In fact, 60% of adults in the United States have at least one chronic disease, and nearly 75% of Americans are overweight. Why have we become so over-burdened with disease?

Most chronic diseases are diseases of lifestyle.

Meaning our daily behaviors and lifestyle choices are leading us to a life of sickness and premature death. Unfortunately, we are causing harm to our bodies each day with the lifestyle choices we make. We are eating too many calories and processed foods, we are over-stressed, not moving or exercising enough, we are smoking, drinking, or using other addictive substances, and we're not getting adequate sleep.

Every day we are re-injuring our bodies, never giving them the opportunity to heal. We are stealing our manliness and livelihood from ourselves each day, leading to a life of disease, sexual dysfunction, infertility, feelings of inadequacy, and depression.

But there is hope and possibility.

Our bodies have an amazing capability to heal, even from chronic disease, when we actually create an environment conducive to healing.

What if instead of injuring ourselves each day, we gave our bodies the things they need to naturally heal and thrive?

What if we made choices that fostered health and well-being, and treated the actual cause of disease and dysfunction?

What if we allowed our bodies to be the self-healing machines they were made to be? We would feel more energized, have a more positive outlook on our health, be able to perform when the moments arise, and provide for our families more effectively.

All of this is possible, and you can start working toward better health today with some simple steps...

IT'S IN YOUR POWER TO CREATE A HEALING ENVIRONMENT



First, we have to change our mindset.

Focus on what we can control, and find the positive and opportunity in things, even when life gets hard and stressful.



Just as important, our bodies also need time to

rest and recover. We need sleep. Aim for 7 to 9 hours each night. This allows our bodies the opportunity to heal from the physical and mental stress we put them through each day.



We need to choose positive stress-management

behaviors. Many of us turn to eating, drinking, or smoking to “relieve stress,” but instead, we are not treating the real cause and using other destructive behaviors to distract ourselves. We can make ourselves more resilient against stress by eating a nutritious diet, moving our bodies, seeing things with a more positive mindset, connecting with friends and family, and prioritizing sleep.



We need to connect with others.

Humans are social beings, and we achieve greater success when we have others to keep us accountable, motivate us, and provide us with constructive feedback.



We need to move our bodies. Movement is the key to life.

If you are not moving, your body will shut down and wither away. Physical activity and exercise keeps our muscles strong, improves our mobility and balance, reduces stress, and helps regulate sleep.



Finally, our bodies need more whole foods.

Think fruits, vegetables, beans/legumes, whole grains, and nuts and seeds. These foods provide our bodies with optimal fuel, are high in nutrients like vitamins, minerals, and fiber, are low in calories, fat, and cholesterol, and are anti-inflammatory.



Is Your “Dad Bod” Healthy?

Brian Grilli • Restorative Fitness Coach



So fellas, have you settled into a “Dad Bod” where you’re sporting a bit of extra fat around your middle? While some women claim to find the “Dad Bod” attractive and view this physique as reflecting a man’s attention to spending time with his family versus paying attention to how he looks — this body type actually poses serious health risks.

The truth is, a man being fit and healthy relates to him being around to care for himself and his family for the long term.

Having a “Dad Bod” usually means that your visceral fat storage is high and unhealthy. Visceral fat is found in the abdominal cavity, and it can interfere with important internal organs, such as the pancreas, liver and intestines. **Visceral fat is also associated with an increased risk of serious health issues:**

Disrupted hormone function
Type 2 diabetes
Heart disease

Colorectal cancer
Alzheimer’s disease
High blood pressure

What simple things can you do?

1

Improve your diet. You can’t out-exercise a bad diet.

2

Get plenty of quality sleep.

3

Find a healthy way to deal with stress.

4

Exercise at least 150 minutes a week and include two days of resistance training.

If you’re in the “Dad Bod” zone, it’s time to get back on track! Here at Thrive, we can help you through our Restorative Fitness and Lifestyle Medicine programs.

The Clear Message is... Dad Needs a Massage

Danielle Lambert • CMT • Director Of Massage Therapy

Do you know what helps bring balance to your physical and mental health at the same time? It's massage therapy. And contrary to what you might think, massage isn't just for the ladies...Yes, massage is great for relaxation and stress management, but Dad...There are so many more benefits...



THE BENEFITS OF MASSAGE

lower blood pressure

Multiple studies have shown that men are at high risk for blood pressure complications, particularly over the age of 40. Hypertension can cause other heart and circulatory issues, including blood clots or heart attack and stroke. **Massage has been proven to lower blood pressure and helps reduce this risk when used on a regular basis.**

shorten muscle recovery time

You probably know that **massage decreases inflammation and lactic acid build-up caused by working out.** Massage can also increase the production of **mitochondria in the muscles, also known as the powerhouses of cells.** This helps generate energy at a cellular level! You can use massage as a proactive tool to help reduce your risk of injury and help you recover faster.

boost immunity

The men in my life tend to not want to go to the doctor for regular checkups, much less when they're sick. While you should absolutely keep your regular doctor's visits, why not add massage to your routine? A study done at Cedars-Sinai Medical Center in Los Angeles resulted in subjects showing **a boost in the number of lymphocytes or white blood cells, which fight infection and help keep you healthy.**

improve sleep

Massage therapy has also been studied as **a treatment for symptoms of multiple sleep disorders, including sleep apnea and narcolepsy,** which occur more frequently in men. Massage has been proven to enhance sleep quality by **increasing serotonin production.**

mental balance

Massage therapy helps increase the levels of key neurotransmitters responsible for happiness and mental health including oxytocin, and decrease the level of cortisol. Try adding regular massage to help keep a positive mind set.

JUNE MESSAGE SPECIAL

Book your
dad's or dude's
massage by
June 30 and
take home a
FREE EPSOM
SALT BLEND
One per client

Relieve Stress and Breathe Through Your Heart

Jen Fedorowicz • E-RYT, Energy Codes B.E.S.T. Certified Practitioner, Reiki Master • Energy Medicine and Emotional Healing



We joke in our house that when Father's Day rolls around, it doesn't get the same attention as Mother's Day, because ya know... Men have it easy. Only I know that's not true.

Men hold onto a lot of stress, and cardiovascular disease is the leading cause of death in men. So, what does energy work have to do with the heart? Everything.

The mind and the heart are in constant communication, but the heart is doing most of the "talking." The heart is one of the energy centers in the body and research has proven that the heart has a "mind of its own."

HearthMath, a non-profit organization that has been studying the heart since 1991, has research that proves that adding *heart* to our daily activities produces measurable benefits to our well-being, for both men and women.

Try this heart-healing breathing exercise...

- 1** Drop your awareness into your heart, maybe even rest your hand on the center of your chest to keep your awareness there.
- 2** Begin to breathe slowly and deeply while imagining that you are breathing in and out of the heart center.
- 3** Allow your mind to focus on a feeling of appreciation for someone or something in your life.

With just a few minutes of this breathing, the heart slows down, blood vessels relax, and the heart can begin to send healing messages to the body.

I encourage you to spend a few minutes every day with heart-coherence breathing.

Take a few moments to drop in and breathe from the heart before pulling out of the driveway in the morning. Maybe again when you arrive at work before going in and starting your day. Or when arriving home at the end of the day, sit in the car for a few minutes before going into the house.

You will begin to feel a noticeable difference in your ability to handle stressful situations. Plus, everyone in your life benefits when you make a positive energetic shift.

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to benefit



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Clarifying Issues and Restoring Vitality

Vivian Takafuji • Ph.D., L.Ac., Dipl. OM • Acupuncturist



Men, like women, have their own particular health concerns. The stressors of modern-day life can show up in a multitude of ways, often as **mental health issues** and physical symptoms that include **chronic pain, high blood pressure, digestive complaints, insomnia and fatigue**.

Here's where Traditional Chinese Medicine comes to the rescue!

Traditional Chinese Medicine (TCM) encompasses acupuncture as well as other physical modalities, Chinese herbal treatments and lifestyle recommendations.

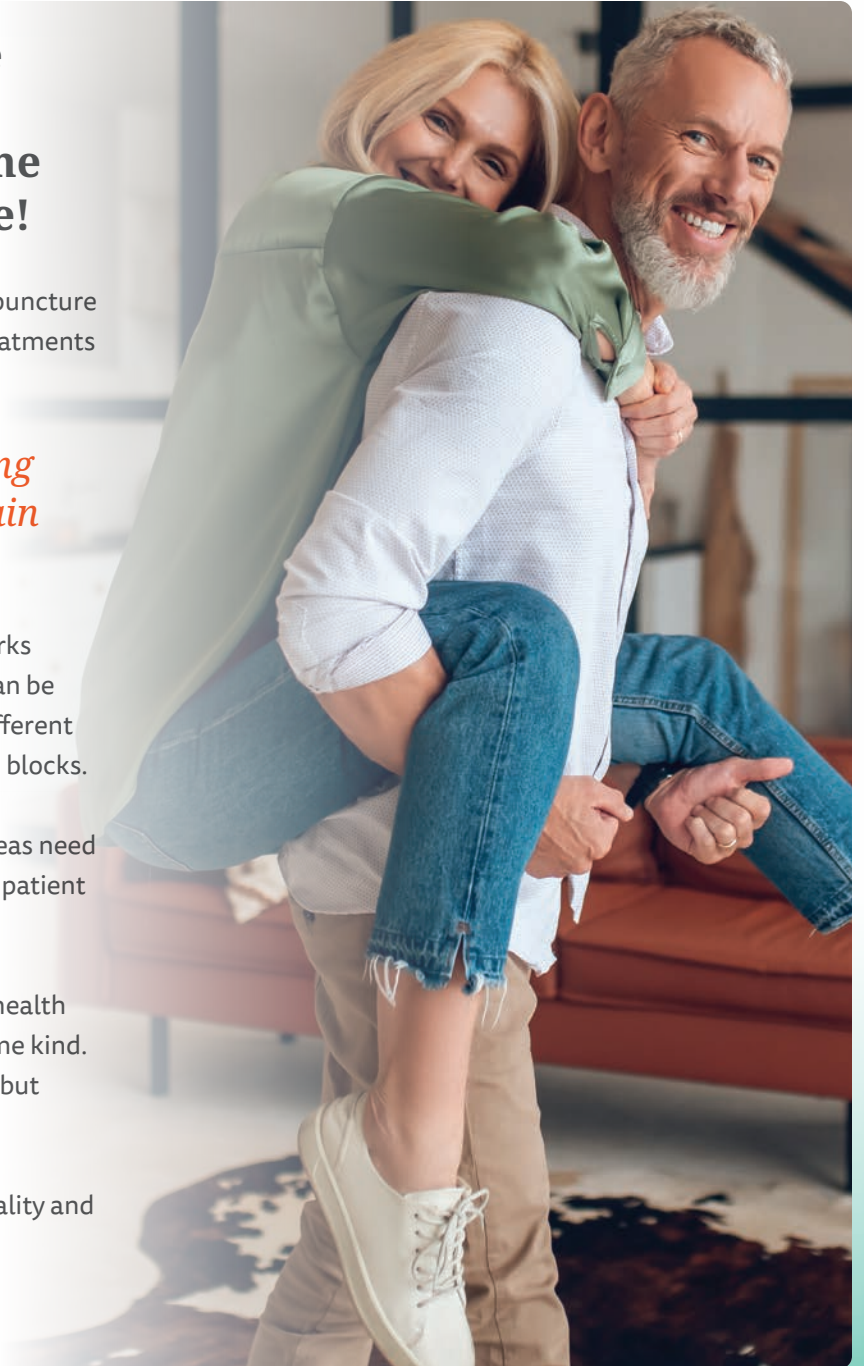
Acupuncture works by gently restoring balance to the organ systems and brain neurochemistry.

Every man's health goals may be different and TCM works to systematically address each in turn. Oftentimes, it can be helpful to simply start to talk through some of these different issues with a compassionate clinician to identify health blocks.

A thorough TCM consultation will help clarify which areas need priority for treatment, and a plan is developed with the patient to track progress.

For some men, acknowledgment of mental or general health issues can feel like admitting weakness or failure of some kind. This reasoning for inaction may be personally justified, but does not negate that the health problems exist.

Acupuncture may be just the means to restore your vitality and enable you to be the super human you are meant to be.





Thrivers' Love Notes

WE'RE HONORED BY YOUR WORDS

“ Danielle took the time to get to know what was wrong with me and paid special attention to the areas that needed extra work. The staff made me feel welcome from the time I entered until the time I left. The facility is exceptional and gave me just what I needed! I will definitely be back!

+ REBECCA L.

“ I have had years of different PT offices with little to no change. Today I had my first session and I finally have answers about my underlying issue, and after one session I walked out feeling relief and hope. One hour in this office relieved years of agony and frustration. I finally have hope. Awesome place.

+ JENNIFER W.

“ Vivian always provides high quality care. She is kind, intuitive and highly skilled at what she does. Karyn is wonderful as well. She has such a positive spirit and is always so encouraging. Dante and Karyn make a great team! + BRIDGET D.

“ I loved my initial energy session with Jen! Walked out feeling so much better. Centered. Peaceful. Loved. She is such an inspiration.

+ MICHELE C.

“ Julie is so knowledgeable and really gets to the root of an issue versus treating symptoms. She and her staff are lovely.

+ JANE C.

“ The woman at the front desk is A+! Genuinely friendly and kind. Also, Vivian is amazing, as usual. + ALYSSA S.

Thank you for allowing us to be a part of your healing, health and wellness journey!

If you enjoyed the content in this magazine or loved your service from Thrive Proactive Health, we'd love to hear from you:

ThriveVB.revue.us



LIFESTYLE MEDICINE MONTHLY CHALLENGE

Each month, our Thrive team embarks on a challenge to improve our own health and wellness.

This month's challenge focuses on improving your habits around sleep. We invite you to join us on our collective wellness journey.

Build Your Bedtime Routine Tonight for a Better Tomorrow!

Do you know that the quality and quantity of your sleep can have a significant impact on your consistent performance and overall health? While that may be common sense for some, many people take sleep for granted and do not realize how important sleep really is for physical and mental health.

Sleep is the foundation of all human performance and is crucial for routine detox and healing. It affects our cognition, our cravings and eating behaviors, our emotions, mood, attitude, connections with others, and how effectively we can perform at our jobs.

Winding down at night isn't just for kids. Parents often understand the importance of a solid, consistent sleep routine for their kids, which may include a strict bedtime rule, taking a bath, brushing teeth, and reading a story to get ready for lights out. But these good sleep habits (i.e., wind-down habits) aren't just for kids. *Your bedtime routine or "wind-down" routine is a key window of relaxation that takes place one to two hours before your actual scheduled bedtime.*

What can you do? Establish a consistent approach every single night to help you wind down and promote a good night's sleep.

Think of your bedtime routine as a gradual process in which your brain and body shifts from the "on" mode to "off" mode, and a process to help your nervous system properly shift into a restorative relaxation response for healing.

An effective bedtime routine sets your next day up for success, and consists of two parts: prepping for the next day and self care.

Things You Can Do to Prep for Tomorrow

Unload your to-dos.

Write down everything that is weighing on you. Getting any pending demands out of your head and onto paper signals to your brain that you can relax and pick it back up tomorrow.

Check your calendar and plan your day tomorrow.

Determine your most important tasks, prioritize your self care, meals, workout and things that bring you joy. If you don't plan it or carve out time to create it, chances are, if it's not already part of your daily routine, it just won't happen.

Pack and prep for tomorrow's activities.

- Pack your gym bag and your lunchbox, meal-prep for breakfast and prepare snacks, set out your water bottle, lay out your clothes, etc.
- Fill up a glass of water to drink first thing in the morning to help you wake up.
- Set out your vitamins, medications.
- Think about the small things you can do ahead to make your morning more effective. How can you set your next day up for success?

Things You Can Do to Take Care Tonight

Keep your bedroom temperature cool, between 60 and 67 degrees.

Hot baths with Epsom salts or essential oils can help release tension. Or use a diffuser with essential oils. Oils known to be good for sleep include: *RutaVala, Roman Chamomile, Ylang ylang, Frankincense or Sacred Frankincense, Sandalwood, Clary Sage*

Read a book — a real, physical paper book — not on an e-reader that does not emit blue light.

Drink a calming, caffeine-free herbal tea. Allow it to stimulate your senses: Smell, sip and feel the warmth to signal to your brain that it's time to relax.

Pajamas, nightgowns, and sleep shirts send sleep-friendly messages to the brain. *Tip: If you wear it to the gym, don't wear it to bed. And yes, there are known health benefits to sleeping naked, too.*

Power down your devices. Don't use electronic devices starting 30 minutes to one hour before bed. Make sure your phone is set to "Do not disturb." *Best tip: Keep all devices out of the bedroom!*

Doing the same night-time self-care rituals help signal to the brain that it's time to wind down. Showering, bathing, brushing your teeth, washing your face and applying skin care are examples of things you can do as part of your wind-down routine.

Don't charge your phone next to your bed. Use a real alarm clock or, better yet, a sunrise-dawn-simulator light-therapy alarm clock.

Do some light stretches, breathing exercises, or meditation to unwind tension and calm the mind, especially important if you have any pain when you lie down to rest. *Get with your PT for specific restorative exercises to do before bed. Good apps with guided meditations to try: Insight Timer or Calm.*

Read through your bedtime affirmations. Affirmations are positive statements you can repeat before bed to help enhance your confidence, challenge self-doubt, and calm your mind before bed. Repeating nighttime affirmations gives you the power to rewire your brain to turn negative thought patterns into positive ones.

Get a coloring book. Coloring has been shown to help ease stress and promote relaxation.

Keep a pen and paper next to your bed. Put your thoughts to rest by getting them out. Journal and reflect on your day.

Want a Better Golf Game? Improve Your Rotational Mechanics.

Julie Blandin • PT, ATC, CSCS, PRC, DipACLM • Posture and Movement Health Expert



If you're looking to optimize your golf game, you'll need to address some key mechanics.

Golf is a mechanically complex rotational sport and I see so many people train and "stretch" for rotation in ineffective ways.

To be effective, you have to first understand that optimal rotation in golf requires movement through your pelvis and hips as well as through your ribcage...

Your arm movement requires rotational mobility in your trunk to allow your shoulders to separate from your hips. This separation occurs through the lower half of your rib cage. *See Mechanics Tip #1.*

Your pelvic movement requires your pelvis to rotate over your hips and feet. Which means as your trunk rotates through your swing, one half of your pelvis comes forward while you allow the opposite half of your pelvis to shift backwards. *See Mechanics Tip #2.*

Key Mechanics Tip #1

Keep Your Ribcage Mobile

Even though this body part includes the word "cage," your rib cage is designed to be mobile and dynamic. Its configuration allows each level to spring and rotate much like the movement of window shutters or an accordion. Tight muscles around your neck, shoulders, chest, and lower back will cause your rib cage to stiffen and lock up. The tighter those muscle groups, the more your ribs will lift and begin to restrict your spine's ability to flex and rotate. Not so good for golf!

This is why you must keep your rib cage mobile and unlocked. When your rib cage is unlocked and aligned properly stacked over your pelvis and hips, you have a better start posture for the shoulders to separate from your hips without strainful effects on the lower spine or sacroiliac joints.

The quickest way to accomplish this is through deep core work using resisted breathing drills to train your rib cage to slide down on your exhalation using your abdominals.

Learn to feel your abdominals guide the ribs down on your exhalation. Maximize your exhale, then pause to feel and sense your abdominals. Keep your core lightly engaged on your subsequent inhale as you allow your inhaled air to expand your rib cage. Do not forcefully brace or lock down the ribs.

Ab bracing is an ineffective way to train a golfer's core because the midsection must remain dynamic, resilient and mobile, not braced and rigid.

The abdominals wrap around your core at varying angles because of how your core was designed to rotate. Always remember, your abdominals were mechanically designed to support your rib cage and the mechanical respiratory movements first, and it is through that support that they support the spine and other body parts for rotation, athletic ability, and power.

Try these two moves to keep your deep abdominals active and your rib cage mobile:



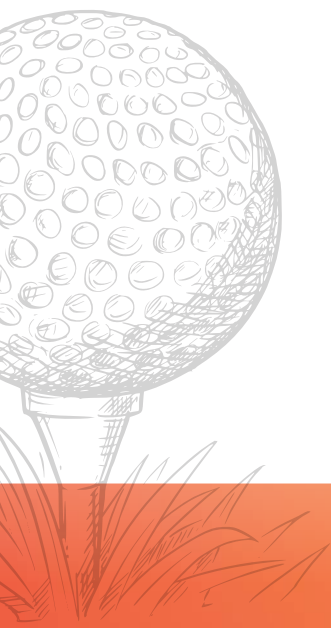
Lower Rib Cage Abdominals

- Lie on your back, knees bent, feet flat on the floor.
- Keep your feet flat at all times, pushing down to ground them.
- Maximize your exhalation to depress your ribs down toward your belt line as you rock your pelvis back to flatten your lower back to the floor.
- Hold this position for five breath cycles as you reach your arms overhead.
- Continue to feel more abdominal muscles activate with each exhale and do not let those abs go as your inhale!
- Repeat for five sets.



Long Seated-trunk Rotation

- Sit upright on the floor with your legs straight out in front of you. Hold your knees and feet together, and grow taller, but be sure not to over posture or arch your lower back too much; stay tall through your center.
- Reach your right arm towards your left pinky toe as you pull the left arm back. Feel your right shoulder blade stretch around and away from your spine, as you feel your left shoulder blade squeeze toward your spine.
- As you reach, you should be rotating through your trunk and lower rib cage. Lots of things are stretching here so you may feel lots of different things, but you shouldn't feel pain.
- Hold the right-arm reach for five breath cycles, trying to reach a tad bit forward on each exhalation, and feeling the rib cage expansion on your subsequent inhalations.
- After you complete five breaths, rotate and do the same thing the opposite way with your left arm reaching for your right pinky toe. Repeat reaching each way two to three times. If one side feels more restricted than the other, do an extra set on that side.



Want a Better Golf Game? Improve Your Rotational Mechanics.

Key Mechanics Tip #2 Master Your Left-hip Shift

For right-handed golfers, this is a very important mechanical element for proper follow through in your golf swing. Without adequate mobility to shift your left pelvis backwards, you will lose power or top the ball and lift your body up too early. The right half of your pelvis needs to move forward, as the left half of your pelvis moves backwards to properly get your hips to rotate and follow through to finish your golf swing.

Try these two moves to work on your hip rotation and follow through:



Scissor-slides, Left-pelvic Shift

- Lie on your right side with your knees and hips bent 90 degrees as pictured. Ideally, your feet should be grounded against a wall or stable surface.
- Place something like a paper towel roll or pillow between your knees.
- Scissor-slide your left hip back behind your right; hold it back there as you push your right thigh into the floor and then squeeze your left thigh into whatever is between your knees.
- Coordinate your breath to “inhale” on your scissor-slide pull-back, and then “exhale” as you maintain that position and squeeze your knees and thighs downward.
- Each breath should try to capture more motion, pulling back through five breath cycles.
- Repeat for five sets.



Standing Back-pocket Hip Stretch

- Standing with your feet staggered, place your left foot behind you on a two- to six-inch block or step.
- Shift your left hip back to turn the zipper-line of your pelvis to the left. You should feel a stretch in your back left hip.
- Pull your left knee inward to keep your foot, knee, hip and shoulder all stacked in a straight line. You may feel your left inner thigh muscle activate, which is a good thing.
- Hold this position through five breath cycles.
- Repeat three to five times.

Hope you find these golf stretches helpful, and if you could benefit from unlocking motion and reducing tension for your golf performance, schedule an evaluation with one of our Postural Restoration® trained professionals. Have a great round!

How to Improve a Man's Health? Through His Stomach.

Michelle Hilliard • Certified Nutritionist • Integrative Nutrition Health Coach

Dads take the world on their shoulders, often overlooking their personal stress. And that stress may include nutrition deficiencies, erratic blood sugar, lack of movement, dehydration, buried trauma, no set boundaries, a never-ending to-do list, unrealistic expectations, skipping meals, impaired digestion, sleep deprivation, mindless screen time, thinking everything is urgent, lack of sunshine, gut imbalances, comparison, and, well, on and on.



If we don't work on balance and harmony in our lives, stress can creep into our lives and take a toll on our bodies and minds. One of the best ways we can overcome stress is to build and fuel our bodies properly through nutrition.

While what we put on our plate matters, what we do "off our plate" (outside of meal time) is just as important. There are short-term, feel-good solutions that can calm our stress temporarily, but over time these unhealthy solutions will only stress our bodies out more. What do I mean? So-called "normal" solutions include having a nice cold beer for a night cap, smoking, gaming all through the night, overuse of food, scrolling on our phones, or watching endless hours of TV. Long term, these solutions only add to our chronic stress through gut imbalances, nutritional deficiencies, and sleep interference, which is when our bodies repair and restore.

How can you improve your stress through proper nutrition?

Honor your hunger with real, whole foods.

When you feel intense stress, give your body additional nutrients to help get through the stressful period.

Prioritize family dinner time to encourage good food on the plate and connection with the ones you love.

Ditch the sugary drinks and minimize or ditch the alcoholic drinks. Instead, grab some water or electrolytes to keep you hydrated.

Learn to sit with discomfort for a minute instead of reaching for a distraction such as beer or mindless eating.

BONUS

See Thriving blog article for Michelle's Greek Lamb Burger recipe!

To all of the fathers, grandfathers, great grandfathers, step dads, uncles, and positive male role models, I hope this month of June reminds you of how much you are appreciated and loved by the people around you.

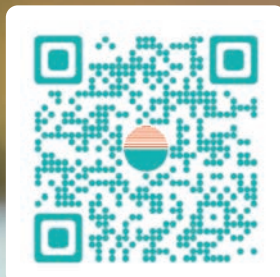
If you need any help to kick start your wellness journey, please know that nutritional and lifestyle health coaching is available at Thrive. We wish you a very Happy Father's Day!

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9:00am - 4:30pm

every other 9:00am - 2:00pm

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