



# Revive and Thrive: Reenergize your body, Revitalize your life!



## GUEST CORNER

LIZE LUBBE PT

### RISKS OF PHYSICAL INACTIVITY

According to the World Health Organization (WHO), physical inactivity is one of the leading risk factors for global mortality. It is estimated that around 31% of adults worldwide do not regularly engage in sufficient physical activity.

Inactive lifestyles contribute substantially to preventable deaths, ranking alongside other major risk factors such as tobacco use and unhealthy diets.

- Cardiovascular diseases: lack of physical activity is a major contributor to heart disease, which remains a leading cause of death globally.

- Diabetes: inactivity increases the risk of Type 2 diabetes, which is also associated with numerous complications that can lead to death.

- Obesity: sedentary behavior is a significant factor in obesity, which in turn is related to various health issues, including hypertension, dyslipidemia (abnormal levels of fat including cholesterol), and certain cancers.

- Mental health: physical inactivity has been linked to poorer mental health outcomes, contributing to conditions such as depression and anxiety.

### THE PHYSICAL AND PSYCHOLOGICAL BENEFITS OF AN ACTIVE LIFESTYLE

Revitalizing your body with regular exercises can lead to improved strength, stability, and overall movement.

Movement helps us physically in many ways, including lowering high blood pressure, reducing injuries from osteoporosis, reducing joint and muscle stiffness and pain, improving strength, balance and stability. By incorporating physical and functional movements into your daily routine, you'll not only enhance your physical capabilities but also be better prepared for everyday challenges. Equally, movement produces psychological and emotional benefits by triggering the release of mood-boosting neurotransmitters like serotonin, endorphins and dopamine. This will elevate your mental health and reduce anxiety, depression and cognitive decline, improve sleep habits and reduce chronic fatigue syndrome.

Embrace the power of functional training and watch as your body transforms, enabling you to lead a more active and balanced life.

### THE SIMPLE GOLDEN RULE TO REVITALIZE OUR BODIES AND BECOME REENERGIZED - KEEP MOVING!

As we brace the cold winter months in early 2026, it is a good time to re-examine our physical and mental well-being. As physical therapists, we focus on the physical aspects of our bodies through movement and exercise which help to get our bodies in balance again. Take stock of how much you move and exercise daily.

If you exercise regularly, you might be active for 30-60 minutes on most days, but how much do you move the remainder of the day?

Regular movement throughout the day is critical to your well-being. The American Institute of Cancer Research recommends "to take mini breaks from sitting" aside from the 30 minutes of moderate exercise on most days. "If you reduce sitting by 5 minutes per hour, at the end of the day you've shaved off an hour off your total sitting time".

According to Dr. Alan Hege, Professor Emeritus of Ergonomics at Cornell University, "standing, aside from being a static posture can lead to varicose veins, foot and back pain." Hege recommends a balance of 20-8-2; i.e., sitting 20 minutes out of every half hour at work, standing for 8 minutes, and moving around for at least 2 minutes.

### FUNCTIONAL EXERCISES AS PART OF YOUR 20-8-2 EVERY HALF-HOUR ROUTINE

Functional exercises mimic everyday movements and are designed to enhance the body's ability to perform daily activities. They involve multiple muscle groups and joints and promote balance, coordination, and endurance. Unlike isolation exercises that focus on one muscle, functional exercises improve overall body mechanics and strength.

*Benefits of functional exercises:*

- Improved strength and stability: these exercises enhance core stability and joint strength, minimizing the risk of injury during daily tasks.

- Enhanced mobility and flexibility: by encouraging a full range of motion, functional exercises help maintain flexibility, which is critical as we age.

- Better balance and coordination: many functional exercises require the body to work in unison, improving balance and reducing the risk of falls.

- Increased endurance: incorporating functional movements into your fitness regime can boost cardiovascular endurance and stamina.

- Real-Life preparedness: functional exercises prepare you for the demands of daily life, from lifting groceries to playing with kids.

*Suggestions for movement-filled daily activities that you can do at home:*

- During TV commercials, stand up and march in place for two minutes; lifting knees alternating high up to your chest and swinging your arms close to your body.

- Fill your water glass halfway so you need to get up more often to refill it. Do heel raises for one minute while at the kitchen sink/refrigerator topping-up your glass.

- Frequently move from sit to stand and repeat 10 times. Aim to get up from sitting without pushing up with your hands on the armrest and engage your thigh, buttock and stomach muscles as you get up and sit down, keep your feet flat on the ground and your toes gripping into the ground.

- Climb stairs as often as possible. Hold onto the railing and use your thigh



and buttock muscles to propel you onto the next step.

- Put music on during the day and dance around to the rhythm to stimulate your body and your mind.

- If you have a deskbound job and are unable to leave your desk every hour, do the following:

- move your pelvis for two minutes: slowly, roll your pelvis forward and back, rock pelvis from side to side, and finish with pelvic circles in clockwise and counterclockwise directions. Your lower back would greatly benefit

as lumbar discs require movement for blood flow and optimal health;

- rock back and forth from heels to toes for two minutes stretching toes and Achilles tendon; and
- roll your feet out on a tennis ball.

Incorporating these tips into your daily routine can make a significant difference in revitalizing your body and lifestyle. Remember, movement is a key ingredient to enhance both physical and mental well-being. Let 2026 be your year of rejuvenation through active participation in your own health!

*Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 190 Goldens Bridge Rd/Rt 22 in Katonah and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing [contact@lizelubbept.com](mailto:contact@lizelubbept.com) or visiting [www.lizelubbept.com](http://www.lizelubbept.com).*

**We have moved. Note our new address at 190 Goldens Bridge Road/Route 22, Suite 5 (at the lower level), Katonah, NY 10536.**

It is an easily accessible location with ample parking.



## We are hands on PTs!

The professional services of the team at **Lize Lubbe Physical Therapy** provides a wide range of PT rehabilitation services to patients young & old, including:

- Pre & Post Surgery Rehabilitation
- Sports Injury Rehabilitation
- Neurological Rehabilitation
- Treatment of Musculoskeletal & Orthopedic Conditions
- Postural, Balance & Gait Training
- Pain & Headache Management
- Body Rebalancing Through Diaphragm Breathing & Pelvic Stability



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