



Choices and Changes for Healthy Living in 2024



GUEST CORNER

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LLPT wishes all readers a happy, healthy, and blessed 2024!

Several patients (and readers) have mentioned to me they benefit as much from the whole mind-body connection and awareness I frequently underscore in my articles to improve their full well-being as my suggested hands-on therapy treatment and alignment exercises. Hence, the focus of this article is on the universe's basic elements and how they positively impact our well-being and pain-free movement.

IT IS A NEW YEAR, AND TIME TO REFLECT AND MAKE CHOICES

Life is the C between B & D (birth & death), and C entails the choices we make in life. Since our birth, we constantly make choices about all aspects of our lives: from the career we choose, where to live, what clothes to wear, what to eat, and whether to exercise.

We are in a new calendar year. Whether we choose to make New Year's resolutions or not, it is always healthy to reflect on our life during the past year and the challenges and changes that occurred. We are in the driver's seat of our own life and whether to make changes to improve our health and lifestyle.

INTEGRATE THE FOUR BASIC ELEMENTS OF LIFE

This article borrows inspiration and ideas from the Greek philosophy that the Universe consists of four basic elements: solid (earth), gas (air), liquid (water) and plasma (fire). To survive and thrive, we must balance all four basic elements in our life.

The four basic elements are symbolic and integrating them in a therapeutic way in our life can enhance and bring positive changes in our day-to-day well-being.

- **Earth:** the earth is our strong foundation and keeps our body and mindset grounded. A strong core foundation in our body is crucial to our balance, posture and keeps us connected with nature.

- **Air:** every breath we take delivers oxygen and fuel for our body and brain. It is our determination to help us stay focused, helps us relax, and helps with the movement of our body and the expansion of our mind.

- **Fire:** fire represents the energy and vigor to act. The warmth from the

sun and the heat from our bodies help with pain relief, reduce joint stiffness, and improve mobility.

- **Water:** water keeps us hydrated and symbolizes our creativity and adaptability.

INTEGRATE CHANGES USING SMALL, SIMPLE STEPS

Set achievable goals to make changes. Start with small, simple steps on which to build as you get motivated from the changes and improvements you see and feel.

1. Earth:

- Get grounded: stimulate your feet nerve endings by taking your shoes off and roll your feet around on a small ball, pick up paper scrunches with your toes, trace the alphabet in the air with your feet.

- Connect with nature by taking daily brisk walks for 15-20 minutes.

- Focus on using your core as a strong foundation to help support your body. Start with simple steps: every hour when you exhale try to suck your belly button into your spine, squeeze your Glutes, pull up your pelvic floor and tighten your abdominal muscles. Take a deep breath in and relax all your muscles. Repeat ten times.

2. Air:

- Take deep breaths through your nose and feel how the air travels deep into the base of your lungs, expands your ribcage, and expands your diaphragm, and then feel how your whole body relaxes as you exhale.

- Include deep breathing when you walk outside connect the earth with air element.

3. Fire:

- Feel the warmth of the sun fill your body with heat as you walk outside and get energized. Move around either dancing around your kitchen, doing Yoga, Pilates, or any form of exercise. Movement increases circulation in your body, it reduces pain and stiffness and helps with muscle flexibility.

4. Water:

- Stay hydrated by drinking water throughout the day; it helps with bodily functions and keeps us energized. Water symbolizes fluidity and healing and how to adapt to our changing bodies. Take time every day to be still and focus on your own emotions and how it affects your actions as well as how it affects the people around you.

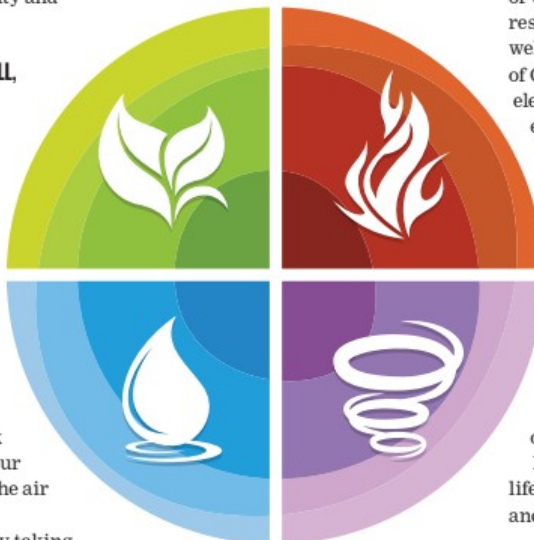
Life is a one-time remarkable gift

and, as the pilot of our own life, the choices we make define who we are and how we can change to improve our own well-being and contribute to our family, friends, and

community.

At LLPT, our team of therapists incorporate holistic, healing principles, mindfulness, and the integration of various therapeutic approaches to restore and enhance patients' overall well-being. Consistent with the focus of Greek philosophy on the four basic elements, we address all for basic elements in the rehabilitation of patients: 1) earth - helping you with pain-free movement, working on core and stability exercises; 2) air - guiding you to use correct breathing techniques during all movement and daily activities; 3) fire - prescribing dynamic, coordination movement to energize and improve your balance; and 4) water - adding fluidity and reducing the impact of movement on your joints and spine.

Embrace the four elements in your life to enrich and grow to a more balanced, harmonious you.



Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 892 Route 35 in Cross River 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@lizeclubbept.com or visiting www.lizeclubbept.com.



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