



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

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**Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Sterling PT & Wellness is a place where your overall well-being is prioritized!**

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest 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 benefits a person's mental health and overall well-being.

The good news is that with guidance from Sterling PT & Wellness 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 AND 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, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. 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.

Specific signs and symptoms that typically indicate trouble with maintaining balance includes frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

*Continued inside.*



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

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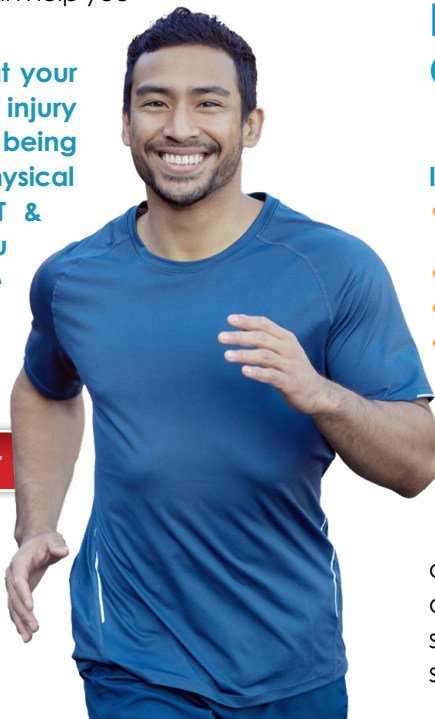
### HOW PHYSICAL THERAPY CAN HELP YOU KEEP YOUR BALANCE

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

- **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!
- **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.
- **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.
- **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.
- **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.

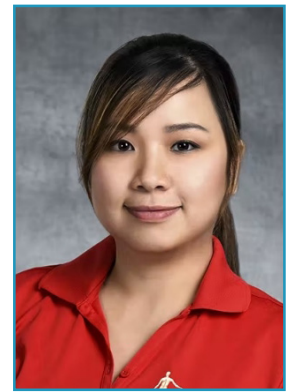
Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Sterling PT & Wellness can help you achieve improved balance and a healthy lifestyle.

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## STAFF SPOTLIGHT

### Chi Nguyen



Chi is our Billing Manager at Sterling Physical Therapy and Wellness. Chi has a BBA in Business Management from the University of Economics in Vietnam, where she was born and raised. She moved to Houston, TX in 2011 to pursue a higher academic goal and earned a Dual Master's Degree in Healthcare Administration & Business Administration (MHA – MBA) from the University of Houston Clear Lake in 2015. Chi is fluent in English and Vietnamese. Chi's next goal is to complete a Doctorate in Physical Therapy that allows her to provide direct patient care and eventually own/manage her own practice. When not working, she enjoys spending time with her family and friends, testing out new food and drink recipes, pottery, and learning about culinary art and hospitality.

## HEALTHY RECIPE

### SLOW COOKER PUMPKIN PIE OATMEAL

#### INGREDIENTS

- Cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

**DIRECTIONS:** Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.







## Have You Met Your INSURANCE DEDUCTIBLE?

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at Sterling Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

**But that's not all.** If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

**Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! Call Sterling Physical Therapy today to start living a happier, healthier life.**

### EXERCISE TO TRY AT HOME

#### ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Hold for 30 seconds.



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STERLING PT & WELLNESS

## PATIENT SPOTLIGHT

"Very professional and caring therapists. Would definitely recommend anyone who needs physical therapy to Sterling. **Sterling quality! Sterling care!**" — **Vidya G.**, Actual 5-Star Review

See more success stories from our patients by clicking below.

[Patient Testimonials](#)

Have a PT success story you want to share? Click below to leave a review.

[Review Sterling PT](#)

### 3 Locations to Serve You!

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Suite 260  
Sugar Land, TX 77478

#### BELLAIRE

5101 Bellaire Blvd.  
Suite 265  
Bellaire, TX 77401

#### STAFFORD

12603 Southwest Freeway, Suite 602  
Stafford, TX 77477

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## COME BACK TO PT!

**Are you in pain? Are you suffering from an injury? Do you want to become healthier, stronger, and more active?**

If you answered yes to any of these questions you need to come back to Sterling Physical Therapy. We are here for you. Call for an appointment today and start your journey to a healthier, happier, more active life.

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