

# Six habits to a healthier and younger body, so you can move with ease

*They are sure to surprise you*

**By: Julie Zapata, PT MSPT of [HigherPhysio.com](http://HigherPhysio.com)**

Are you seeing the aging process in the mirror and on the scale? Are you fearful of turning into your mother? Is your back getting a little rounded?

I know this because I am going through it too.

And...

It can be frustrating when you feel too tired or unfit to do the things you love and keep you healthy like walking, running, yoga, pilates. Especially if there's been an injury, or pain. Or when a doctor says to stop doing some of those things.

We cannot fight the passage of time. But if you do these things, your body will start feeling lighter and younger.

## Stop holding your breath

You would be surprised how many times a day I catch myself. It could just be reaching to grab the trash bag, while I am finding my keys or phone in my bag, pulling my socks up, getting up off the floor. I am sure you will find the same if you begin to notice it.

The reason why we do it is because we subconsciously feel stronger when we brace or hold. And we are, but it is really not meant to be something we do on a regular basis. Maybe, if you are lifting weights in the olympics. But unless you are lifting a car, it is probably just anxiety.

We can't just tell ourselves to stop doing something. We need to replace it with something.

Pro tip: hum or sing while you move

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## Find Ease in Your Body:

When you are in pain, it may make sense to you to start stretching. However, consider this. When you injure yourself, your body contracts muscles around the injured area to protect itself. Like giving itself a hug. You need this, for a short time, to heal. All stretching is pulling. Be careful to prevent tugging at something that needs to heal or that already is being pulled on or tugged for some reason.

Pro Tip: Instead, try doing motions that are not painful. That may help relax joints and muscles close by, rather than that ONE that you really feel. You may be surprised that the relaxation can overflow into that painful area too, and maybe you will find yourself letting go.

\*\*most people don't need to stretch their hamstrings.

In fact, start stretching your hip flexors today. These are the muscles in the front of the hip that contact when you are SITTING ALL DAY.

Try this instead.

...Photo here...

## Don't lose any more sleep

In Chinese Medicine, Sleep is the most important element of healing. There are a lot of great apps now that can help calm your system, mind and body, when it is time to rest. It's ok to have help. Our brains are like a 600 ton railroad train running throughout the day. We cannot expect it to just stop at bedtime without a little strategy.

We recommend

Calm, headspace and braintap apps.

Yoga and Qigong.

## Don't forget to Drink Water

Climate change affects us too. Its hot. We sweat. Not just water, but electrolytes. We need to replace them with fluids and food.

You have heard it before, I am sure, to drink before you're thirsty. It's true.

We recommend:

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Emergen-C  
Ultima and Superieur electrolytes

## **If you've had an injury or a condition, Don't listen to everything you hear**

I don't mean just the internet either. Your friends and family are trying to help you. But Everyone is different.

Someone else might have had a very similar situation, and nothing they did or tried helped. You may be the same or different, but time worrying about it will not serve you.

Similarly, don't get too worried when something someone else tried didn't work for you. There are other choices and other factors that maybe you didn't think of.

Find a supportive environment, find positive messages. Be around people that give you good vibes. Being in nature helps too.

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## **Don't just hope and wait, Hope and act.**

I know you hope they will just go away, but unless you do something about it, problems often don't just disappear. If you've had an issue for weeks, months or years, It is time to take action. Seeing a physical therapist is a fast and safe option. No surgery or needles here! The sooner you start, the easier it will be, for sure.



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Best of Health and Happiness from Julie Zapata, PT, MSPT

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I can't wait to hear from you.

