



Harbor Physical Therapy Spring Newsletter

Garden Like a Pro

1. Warm up with a short walk
2. Change positions often and take breaks as needed
3. Maintain good body mechanics-
 - *keep your back straight
 - *bend at the knees
 - *turn with your feet, not your back
4. Use tools for assistance
 - *wheelbarrows for heavy objects
 - *kneeling pads or a stool to prevent knee pain and improve mechanics
5. Cool-down with a short walk or some stretches

Spring Word Find

H Q K S K S P E J H
V G A U I Y B L F U
F B U N N Y U G P T
R L Z F V D T A U R
A O O Z M V T R T E
I S U W A X E D X E
N S I U E N R E P F
W O E H X R F N W O
R M T W F Z L L R B
F E B O L K Y S T U

Butterfly
Garden

Blossom
Bunny

Flower
Tree

Rain
Sun

Eat Your Veggies!

Vegetable :

Spinach (Taylor)

Peppers (Emilee)

Brussel Sprouts (Meghan)

Cauliflower (Jess)

Broccoli (Danielle)

Contains:

Nitrates

Carotenoids

Sulfur

Antioxidants

Various plant compounds

Benefits:

Improves blood flow

Improves eye health

Fights infection and promotes gut health

Decreases risk of heart disease and cancer

Promotes hormonal balance

Our staff has shared their favorite vegetables
and their health benefits.

Contact Us!

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