

NEWSLETTER

AVOID BACK PAIN



IMPROVE YOUR SPINE HEALTH

Tell Us How We Did!

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Get In Shape At Our Fitness & Wellness Gym

Check out all that our gym has to offer.

Healthy Recipe

Try a healthy recipe perfect to satisfy your nutritional needs!

NEWSLETTER



AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

Are you living with back pain? Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Smart Sports today to find out how.

How can I improve the health of my spine? Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. Practice proper nutrition. Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. Get some sleep. Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.

3. Give up cigarettes. Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and the destroys connective

tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

4. Work on the flexibility and strength of your spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work. Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allows you to move without stressing the discs or nerves in your back.

5. Maintain proper posture and balance. If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting. Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

6. Go to a physical therapist for spine check-ups. Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Smart Sports today. **By catching back pain early, we can resolve the issue so it doesn't progress.**

GET IN SHAPE AT OUR FITNESS & WELLNESS GYM

Divided into four specialized areas, our 24-hour gym makes it easy to pursue your goals at a pace, intensity level, and time of day that's right for you. If you are looking for a gym service in or around Cheyenne, WY, SMART Sports is here for you. Whether you're looking to amp up your power-lifting routine, get in a full-body workout, enjoy a low-impact run, or give group fitness classes a try...we'd be thrilled to welcome you into the SMART Sports family!

Your membership at SMART Sports gives you access to:

24-HOUR MAIN GYM

- Variety of plate-loaded, single-joint machines are super-easy to use, and super-easy to adjust
- Hammer Strength machines, the number-one brand of plate-loaded equipment in the world, that are designed to move with your body's natural path of motion
- Hardcore strength equipment
- State-of-the-art Woodway athletic training treadmills that go easy on your joints and provide an effective, low-impact cardio workout

HEAVY LIFTING ROOM

- Stocked with numerous iron plates and heavy dumbbells in a wide range of weights to support your progress
- Top-of-the-line bench press with a self-safety mechanism to reduce likelihood of shoulder injury/strain
- Three squat racks
- Deadlift area



CORE/STRETCHING AREA

- Designed especially for routines including lighter weight lifting, jump roping, and ab/stability work
- Fully stocked with battle ropes, balance boards, anti-snap resistance bands, stability balls, and mats

90° SALT WATER POOL

- Ideal to loosen tight joints, relieve joint pain, and calm muscle spasms

Visit us on Facebook or call **(307) 632-7677** to get the latest class schedule!

FREE FITNESS CLASSES

- Empower Hour
- Aqua-Fit
- Wellness (recommended for seniors and beginners)
- SPRINT
- Zumba
- Zumba Gold (low impact)
- Tai Chi Basics
- Piloxing



PERSONAL TRAINING

Looking to start a new gym program, find new workout routines, or interested in exploring workout tips for beginners? Call 307-632-7677 to make an appointment with one of our SMART Sports Personal Trainers!



EXTRAS

- 24-hour access to the main gym, heavy lifting room, and core/stretching area
- Use of our private infrared sauna (business hours only), ideal for easing muscle/joint pain and symptoms of eczema, psoriasis, acne and other skin conditions
- Exclusive retail area with energy and pre-workout drinks; protein bars, cookies, and shakes; and vitamins

Patient Success Spotlight



“They know when you need to be pushed and do so!”

“PT staff are wonderful. They keep you informed about what is happening and why. They know when you need to be pushed and do so. I enjoy the attached gym so that when I am working out, if I have a quick question, I can pop over to get an answer.” –Sandra C.

TELL US HOW WE DID!

Leave a review for our practice & help us connect with the community! Scan the QR code below to leave us a Google review!



GREEK PASTA SALAD



INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

DIRECTIONS: In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

FREE

FREE 1 WEEK TRIAL MEMBERSHIP



GET

FIT!

CALL (307) 632-7677

NO contracts for any gym memberships. Our gym is OPEN 24/7!