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Go Green!

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Today it seems like everything is “going green,” from your house to your food and even your pets. But making your body green? Really? Actually, yes. It seems like everywhere you turn these days, there is a miracle pill that will change your life. But who really wants to put all of those supplements in their body?

There are alternative methods to taking medication supplements that not only keep toxins out of your body, but also make you feel great, naturally.

Going green starts with eating greens... and proteins and carbs.

into account many different aspects of health, including nutrition, metabolic rate, behavior and emotions. Every person has different professional and personal challenges and multi-faceted

programs take these challenges into consideration in addition to individual personal and professional goals to create a customized program perfect for, well, you.

Going green starts with eating greens... and proteins and carbs. Proper nutrition is

an essential part of keeping your body healthy, and sometimes it takes a nutri-

Making your body green is easier than it may sound, especially when you work within a program designed specifically for women who are looking for a natural way to get healthy, like the one offered by Excel Physical Therapy. This type of multi-faceted program takes



tional counselor to examine what foods are being consumed to determine where some green changes can be made. Taking a grocery tour can be a real eye opener for many women. A grocery tour puts food shopping into perspective by reviewing alternative food options and how to read a nutrition label. Who knew there was high fructose corn syrup in bread anyway? A nutritional counselor can also determine optimum calorie intake and what kinds of calories are best for specific body types.

To keep a green body moving, activity and exercise are better boosters than caffeine. Even though many women exercise on a regular basis, most would be surprised to find out that they're not doing the right kind of exercise. Many women believe that if they are pushing themselves and sweating they must doing their body the most good. But that isn't always the case. An analysis of metabolic rate, cholesterol, blood pressure, digestion rate and how many calories are burned at rest versus during activity give the whole picture. An exercise psychologist can create an exercise program that takes into consideration all of these important factors to maximize energy without that daily caffeine jolt.

A green body is a happy body, so reward it with a massage every once in a while. Relaxing and beneficial, massage helps to release stress and toxins and loosens muscles that retain tension. Now get out there and go green!



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