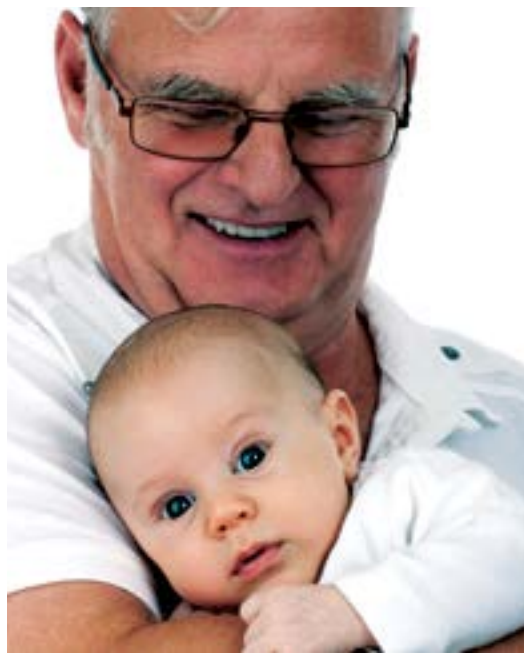


# How to FIGHT AGING

9 WAYS TO OVERCOME AGING  
STARTS HERE

**TIVAN**  
PHYSICAL THERAPY

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### **ABOUT THE AUTHOR** **Avery Schroyer PT, DPT, CMTPT, Cert APHPT**

Avery was born and raised in Lexington, Ky. He attended Lexington Catholic Highschool. After graduating in 2001, he went to Auburn University to swim collegiately, and earned his Bachelor of Arts in Philosophy. He returned to Lexington and opened a wellness retail store that carried items to help make people's lives easier. After 3 years, he decided that he really cared for his customers and wanted to make a bigger impact in their lives. He enrolled in the University of Kentucky's Physical Therapy program and earned his doctorate degree. His physical therapy career has been focused on serving Lexington's senior population, preventive care in the workplace and local high school athletes. He has served as the Secretary for the Kentucky Physical Therapy Association for more than five years and sits upon several physical therapy committees. In 2015, he was recognized at the national level as the APTA's "Emerging Leader."

Avery has been married to his wife Kara since 2012. They have been blessed with three beautiful children, a daughter (born 2016) and two sons (born 2017 and 2019). If Avery is not working, he is enjoying time with his family and friends. He and his wife enjoy fishing and being outside with their children.



## Welcome: From the Author

In this Guide I share with you 9 areas that will help you fight aging. If you follow these recommendations then you will live a longer, healthier, happier and more active life. These are in no particular order, and any one of the them will have a positive effect for you.

They all help.

There's a great saying that goes: "Small hinges swing big doors." It's often the simplest advice that wins in the end.

Truth is, without knowing about how good your health is, or about your risks, I cannot tell you which of these strategies will work best for you. Even if I did know the root cause of your health issues, there are no guarantees that any one single strategy will fix everything.

Over my career, I have been able to narrow down several things that consistently have worked and are supported by research. They will help improve your health and fight the effects of aging. Each of them has the ability to make you feel and act younger. They will help you to be the person you want to be.

Just imagine, how great it would be, if you try these principles and within a few weeks you felt better, were more active and more confident in your health.

You will have gotten rid of the fear of losing to aging.

We tend to shy away from making changes until we absolutely must.

This guide is here to help show you a way to take small steps to fight aging. It is here to give you confidence that you are making the right decisions about your health and to let you be their to enjoy your loved ones and keep your independence. I hope it helps you or someone you love.

Dr. Avery Schroyer, PT, DPT, CMTPT, Cert APHPT

## NINE WAYS TO OVERCOME AGING



### 1. REST

**Be sure you have good sleep habits:** Wake up at the same time each day. Only go to bed when sleepy. Get out of bed if not sleeping. Try to spend an appropriate amount of time sleeping. Don't excessively nap. Avoid caffeine and nicotine close to bed time and don't use alcohol to fall asleep.

**Drink Water!** Make sure you are drinking enough water across the day. Water is essential to keeping your body running at it's best. You should be drinking at least eight 8 oz. glasses.



### 2. HYDRATE



### 3. STOP SMOKING/VAPING

It is important to stop smoking, as this causes damage to your skin and tissues. It also decreases the oxygen levels in your blood which has multiple negative effects on your body. This prevents you from being able to be as active and can stall recovery from injuries. It is proven that smoking causes damage to lung tissue as well.

### 4. EXERCISE REGULARLY

Exercise has an array of benefits that cause a decreased risk of other health conditions such as dementia, cancer, type II diabetes and falls. Daily activity, also helps with weight control, handling stress, improving mood, and increases your chances of living longer. It is recommended you moderately exercise at least 150 minutes (2.5 hours) a week.



### 5. USE CAUTION WHEN DRINKING ALCOHOL

Moderation is the key. It is recommended to have no more than seven drinks a week, or no more than three drinks any given day. Heavy drinking can cause many different issues such as liver damage, dementia and skin aging. However, as your body changes its ability to absorb and process foods and liquids your tolerance is lower and hangover effects are felt longer. Both hormonal changes and body compositions, such as the amount of fat to muscle ratio, are the reason behind this. It can also affect memory, leaving you more susceptible to forget, and it has a greater effect on your ability to move and react. This can cause an increase in your risk to fall.



## 6. UNDERSTAND YOUR PAIN MEDICATION

Pain medications can cause many unwanted side effects. These can include nervousness, seizures, depression, dependence, constipation, and increased risk of falls. Besides prescription pain medications, you should check with your doctor and pharmacist about using over the counter medications as well. These include non-steroidal anti-inflammatory drugs (NSAIDs) such as Aleve, Ibuprofen etc. These NSAIDs often can react with other medications and increase the risk of a stomach ulcer or bleeding. They also can increase your risk for kidney and heart issues. Do **NOT** stop taking or change any medication without consulting with your doctor first.

## 7. DIET

Your daily diet should be balanced with fruits and vegetables, whole grains and appropriate amounts of protein. Sometimes jaw pain and issues with your teeth can make it difficult to eat some of these foods, be sure to try softer foods. Some examples of these could be canned tuna, yogurt, mashed sweet potato, low sodium soups and canned fruit packed in natural juices. Also, check with your doctor about supplementing with a multi-vitamin to make sure you are not missing out on what your body needs.



## 8. STAY ENGAGED



Just because we are staying at home right now, doesn't mean we still can't stay active. It is important to volunteer, or work part time with causes that are important to you. This is good for your mental health along with physical health. Volunteering or working on projects with others helps improve mood, prevents loneliness, and decreases your risk of high blood pressure. Often these activities require your physical participation which requires you to be active and it allows you to connect with other people (even if you have to do it via the internet or phone). The more social interactions you have the better you feel and the longer you live. Staying engaged can give you the opportunities to help you try new things and leave a legacy for the next generation. On top of all these reasons, it is enjoyable and fun.

## 9. STAY ACTIVE

It is important to continue to be active. Get up, move around, go outside, get fresh air. Don't let the things you used to love to do fall by the wayside. Benefits include increased muscle strength and endurance, weight control, control of joint pain and swelling due to arthritis. It also decreases the risk of stroke, dementia, falls, heart disease, hypertension, type II diabetes and certain cancers.



## What Can I DO When?...

I have pain and can't work out?

My knee is acting up and I can't volunteer like I used to?

I feel like I've tried EVERYTHING and I'm still not making progress?

I'm worried about my medical history and if these are the right steps for me?

If injury or pain is keeping you from being active see an expert. And if you are unsure what your next step should be in taking control of your wellness, see an expert.

Joints, muscles and nerves can all be checked during a telehealth visit by your physical therapist. Physical therapists are doctors, who are trained to screen your body's ability to function. They can help you figure out why you are having difficulty moving, hurting and unable to do what you love. They will help you get stronger, more flexible, pain-free and increase your balance. They are trained to help you recover from injuries and setbacks so you can get back to your normal life. Physical therapy can help with day-to-day tasks, or help with your performance of specific activities such as tennis, golf and swimming etc.

Don't be afraid to ask questions.

If you have any please call us at **859-303-6393**, or email us at [admin@titanptky.com](mailto:admin@titanptky.com), and ask to speak to **Dr. Avery Schroyer**. Yes! You will be able to get the actual doctor on the phone.

Want to find out more, [www.TitanPTKY.com](http://www.TitanPTKY.com) has additional information. Browse our [Quick Guides](#) and read our latest [Titan Strong](#) blog posts. Not seeing what you need there, fill out our form and we will try and accommodate you with more information on your specific topic.

We want to help you take charge of your health and be one of your top sources for this information.



## Disclaimer

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# OUR FREE BONUS

## HEALTH AND WELLNESS SCREENING

When it comes to fully understanding how to improve your health and movement, and how it is specifically impacting your life, there are many factors to consider.

Throughout this report, I've mentioned the importance of being physically active, which plays a huge role in your overall health and wellbeing. I've also mentioned things like side effects from medications, sleep habits, diet and exercise. So, fully understanding what's negatively impacting your health can end up being quite confusing.

We've developed a tool for those who want a more in-depth understanding of these potential factors and to understand their risk before they decide how to improve their health.

**We offer a FREE "Health and Wellness Screening"  
with one of our specially trained physical therapists.**

So, if you're frustrated by not understanding why your health is the way it is, and you wish to get down to the **ROOT CAUSE** of your trouble before deciding how best to handle it, claim your free assessment TODAY!

**To claim your FREE "Health and Wellness Screening,"  
Simply call our office at  
859-303-6393  
or email us at [admin@titanptky.com](mailto:admin@titanptky.com)  
Subject: COVID-19 Health and Wellness Screen.**

During your free assessment, we will help you understand TWO things:

1. The ROOT CAUSE for your health difficulties
2. What you can do to improve your health IMMEDIATELY

**To learn more about how this screening works, visit our website at  
<https://www.titanptky.com//healthandwellnessscreen>**

**WE ARE LOOKING FORWARD TO HELPING YOU!**