

newsletter

July 2025

Some Benefits of Body Composition Analysis

- 1. Accurate Health Assessment:** Much clearer picture of your health than weight alone, identifying issues like high body fat even if your weight is “normal.”
- 2. Tracking Fat Loss, Not Just Weight Loss:** You can monitor whether you’re losing fat, gaining muscle, or losing water – helping you make smarter diet and exercise choices.
- 3. Personalized Fitness and Nutrition Plans:** We can tailor programs precisely to your needs when we know your muscle mass, fat percentage, and other metrics.
- 4. Monitoring Aging Effects:** As we age, muscle mass tends to decline (sarcopenia); tracking body composition helps maintain strength and independence longer.

Step Into Better Health

Tips for reaching 10,000 steps a day

Walking more each day boosts your heart health, energy, and mood—and you don’t need 10,000 steps all at once to feel the benefits!

Start Small, Build Gradually

If you’re starting out, try adding 2,000–2,500 steps daily—just a 10–15 minute brisk walk.

Simple Ways to Add Steps:

- ✓ Take stairs instead of elevators
- ✓ Park farther away
- ✓ Walk during calls or breaks
- ✓ Try walking meetings
- ✓ Walk before or after meals

Track Your Steps

Use a pedometer, phone app, or tracker to monitor progress and stay motivated.

Make It Social & Fun

Join step challenges with friends, family, or coworkers—friendly competition helps!

Walk with Purpose

Walking faster—100 steps per minute—boosts benefits. Try picking up the pace part of the time.

Set Goals That Fit You

If 10,000 feels like too much, even 7,000 steps a day can improve your health—especially for older adults or those managing chronic illness.

We pierce ears!

Dr Rabia Qureshi -
Your Partner in Accessible,
Affordable, & Personalized Care







Don’t forget...

Have you scheduled your **Body Composition Analysis** with our SECA machine yet?

This can calculate body fat, muscle mass, hydration status and much more. We are so excited to try it out on you! Free body composition on all DPC members every four months. Schedule yours today!



July is UV Safety Awareness Month

-  **Limit Sun Exposure** – Stay in the shade between 10 a.m. and 4 p.m., when the sun’s UV rays are strongest. UV radiation reflects off water, sand, and even snow—so protection matters even in the shade.
-  **Cover Up** – Wear lightweight, tightly woven or UPF-rated clothing (UPF 30+), along with a wide-brimmed hat (≥3 inches) that shields your face, neck, and ears. Baseball caps don’t offer enough protection—choose hats designed for sun safety.
-  **Protect Your Eyes** – Use sunglasses that block 100% of UVA and UVB rays to help prevent long-term eye damage.
-  **Apply Sunscreen Properly** – Use a broad-spectrum SPF 30+ sunscreen on all exposed skin 15 minutes before going outdoors. Apply at least 1 oz (a shot glass full), and reapply every 2–4 hours, or more often if swimming or sweating. Don’t forget SPF lip balm!
-  **For Babies & Kids**
 - Under 6 months: Avoid direct sunlight—use shade, hats, and protective clothing instead of sunscreen.
 - Over 6 months: Use mineral-based sunscreens (zinc oxide or titanium dioxide) for gentle, effective protection.
-  **Skip the Tanning Beds** – Artificial UV light from tanning beds and sunlamps increases the risk of skin cancer and should be avoided.

Spread the word!

Help us promote wellness:

1. Refer a Friend: Encourage others to join and both of you get \$ off of membership
2. Leave a Google, Healthgrades or Yelp Review: Your feedback helps us grow.
3. Follow & Share: Engage with us on social media.

