

Physical Therapist Discusses Ways To Create Healthy Mind and Body

BY JESSICA LYONS

Physical therapist and cancer survivor Dale Weinert spoke to North Shore Towers residents on Wednesday, April 2 to talk about what can be done to have a healthy mind and body.

Following her own experiences going through surgery and dealing with cancer, Weinert founded Inner Vacations Tool Kits in 2007.

"I'm a very strong believer in the healing power of the mind-body connection," she said. She continued, "I realized that I could help other people recover and cope as I did, and that led to the creation of Inner Vacation Tool Kits."

Weinert said that, with the right tools, a person can overcome fear and anxiety. She said that happiness is determined by a person's state of mind, and that the key to having peace is training your mind "to process life as it happens, to accept it as it



Dale Weinert

is, other than resisting it."

"The road to happiness is always under construction. There are always potholes and twists and turns and detours," Weinert said. "We can't control what happens in life, but we can choose how we react."

During her presentation in the Country Club's VIP Room, Weinert explained that a person's thoughts are very powerful. She said that the feelings created by thoughts can create either a healthy response or an unhealthy response.

"The mind is the conductor for the body," Weinert said. "It orchestrates how the body responds."

According to Weinert, actions made out of fear are the most energy-consuming. She also said that it can distort one's perception of what is real. Weinert defines fear as "false evidence appearing real."

"Love is the opposite energy to fear," Weinert said, recommending that people surround themselves with others who are supportive and loving. "Love creates a healthy environment for love to flourish."

Weinert said that breathing is an important aspect of the mind-body connection. Along with being able to change your feelings by changing the way you are

breathing, a centered state can also be accessed through a person's breathing.

Another way that a person can build up their energy is by being mindful, which includes living in the present and focusing on what one is doing.

"When you're mindful you're taking a break from that automatic pilot mode of survival," said Weinert, adding that it is important to take time out to notice the world around you.

Weinert also spoke about the importance of mindful meditation, music, the healing power of nature, and visualization.

The kits offered through Inner Vacations Tool Kits are "successful surgery," "coping with cancer," and "relaxation and wellness."

For more information on Inner Vacations Tool Kits, visit www.InnerVacationsKits.com or call 516-681-2129.