

TIP OF THE MONTH

New Year Resolutions to a Happier You!



January is a time when many of us make new resolutions. Whether it be losing weight or spending more time with family, the list can sometimes be daunting. Perhaps the best thing we can focus on this year is to be healthy,

but also to be happy with who we are already. Even if your goal for 2016 is weight loss, you shouldn't wait until you reach that ultimate goal to work on having a more positive self-body image. Don't know where to start? We have some ideas to help you on your way.

1. Dress for the body you have today: If you've been holding out on clothes shopping until you lose more weight – don't. Wearing clothes that flatter or fit correctly will give you the confidence you need to move forward. You deserve to look and feel your best.

2. Exercise because it's good for you: Not everyone wakes up in the morning with exercising on their mind, but it's important to realize that your body is a machine that needs to move to stay fit. If you aren't used to an exercise routine, it's okay to start small. Going on walks is a great way to get started. Ultimately, getting your heart pumping will help your body to release endorphins, which are designed to trigger a positive response in the body. Think of it as a way to reduce stress, anxiety and lower rates of depression.

3. Eat well: It's hard to eat a pizza or fried chicken and feel great afterwards. Foods that are high in sodium can make you feel bloated and uncomfortable, and the goal here is to feel great. Eating more natural foods rather than processed ones can help your body feel its best. If you eat a meal and afterwards you don't feel great, remember it and try to avoid it in the future. To bring the point home, in 2014, a study was published in the PLOS|one, that linked diets high in sugar to addictive eating, which can lead to increased stress and a higher likelihood of depression.

4. Compliment yourself in ways that has nothing to do with your appearance: We are so much more than our appearance, but advertising and peer pressure have all but destroyed that notion. You are more than how you look, you are a great friend, you have a successful career, the list goes on. Make a list about all the wonderful traits you have that are not related to looks. Focusing on the positive beats wallowing in the negative any day of the week. Use this list anytime you need to bring your confidence levels back up.

Focusing on a more confident, positive self will help you accomplish any of the goals you have set for yourself this new year. Make 2016 the year you take care of yourself and your overall well-being. We wish you all of the best and look forward to everything 2016 has to offer. Thank you for choosing us as your therapy provider.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“The way to get started is to quit talking and begin doing”

— Walt Disney

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Smothered Chicken Breasts (Johnny's Way)

We wanted to start the year off right with a great meal everyone can enjoy. This recipe comes to us from our friend Johnny. We hope you're ready for something delicious.



Ingredients:

- 3 chicken breasts or 9 chicken tenderloins, boneless; cut each into strips
- Seasonings: salt, pepper, garlic powder, cumin, celery seed, and season-all (Tony's)
- Olive Oil
- 1 large yellow onion, chopped
- half green bell pepper, chopped
- 4 stalks celery, chopped
- 1 can Rotel
- 1 beef cube in one cup of water or chicken broth
- Rice - cooked

Directions:

1. Season the chicken breasts to taste.
2. Put onion, bell pepper and celery to cook in heavy pot with little olive oil, stirring often. Do not let stick.
3. Add a little beef cube or chicken broth to keep moist and cook for about 30 minutes.
4. Add seasoned chicken strips to brown slightly.
5. Add remaining beef cube or chicken broth.
6. Cook over low heat until chicken is fully cooked.
7. Serve over white/brown rice and enjoy!