



TIP OF THE MONTH

You're Never Too Old for Strength Training

If you think you are “too old” to do strength training exercises, think again! With proper guidance and support, you can benefit from a program of regular strength-training exercises. [Sarcopenia](#) is the loss of muscle and strength often seen in older adults.

Although many questions remain about muscle loss and aging, one thing is certain: strength-training exercises can help reduce these effects. Even small changes in muscle size can make a big difference in strength, especially in those who have already lost muscle.

Benefits

Strength training can provide the [following benefits](#) in older adults:

- Better balance and, consequently, [reduced risk of falls](#)
- Quicker responses
- Reduced risk of osteoporosis (weakening of the bones)
- Improved quality of life
- Improved mental alertness

Examples of Strength-Training Exercises Include:

You can increase your strength by regularly using any of the following:

- Weights
- Strength-training equipment
- A resistance band

We also have a [workout that our beginners can start with](#).

Make sure your health provider gives you the all-clear. It's important to exercise within your limits.

Looking for more guidance? That's great because we LOVE treating patients! (you see what we did there??) Let us know — We are happy to work with you to develop a personalized strength and conditioning routine.

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



“Winter is a season of recovery and preparation.”

– Paul Theroux

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

Slow Cooker Pot Roast

Few things are better than a warm home-cooked meal in the winter. This pot roast is delicious and only takes a few minutes of prep time. Serve with mashed potatoes or mashed cauliflower and enjoy!

INGREDIENTS:

- 2.5-4 lb chuck roast
- 1/4 cup of honey
- 1/3 cup of balsamic vinegar
- 1/3 cup of water
- 1 cup of beef broth
- 1 T soy sauce
- 4 cloves of garlic minced
- Salt to taste



DIRECTIONS:

1. Place all of the ingredients in the crockpot in the order listed above
2. Heat on low for 2 hours per pound
3. Serve with mashed potatoes or cauliflower & enjoy!



LIFESTYLE CHANGES THAT CAN HELP LOWER BLOOD PRESSURE



Featured Article:

[Lifestyle Changes That Can Help Lower Blood Pressure](#)

Preventing high blood pressure, which is also called hypertension, can lower your risk for heart disease and stroke.