



TIP OF THE MONTH

Starting a New Exercise Routine in 2018

With the start of the new year, you may find yourself deciding to exercise more. When beginning a new program or sport, it is important to start gradually and pay attention to your body.

With activities such as running, biking, and swimming, it is a good rule of thumb to begin with interval training. Interval training requires you to perform activities such as running with a lower impact form. For example, when running, begin with a cycle that has you walk for 3 minutes and jog (not run) for 2 minutes, repeating this cycle three to four times and increase cycles as needed. This allows your joints, muscles and mind to get accommodated to new forces or activities with the least amount of irritation.

Stretching is also necessary to increase range of motion. Sudden forceful movements can cause serious injury to muscles and tendons. Stretching releases synovial fluid stored in the joints. This fluid lubricates all the joints, protecting them from friction and injury. Stretching brings blood supply to the soft tissues. This improves endurance so you don't tire as easily. Stretching also helps to elongate muscles, provide flexibility, promote healing and prevent future injury.¹

The two most common reasons people stop an exercise routine is (1) by trying to do too much all at once and (2) pain. For ways to avoid these exercise pitfalls, check out our article [here](#). Patients with health considerations should always consult a physician before starting a workout routine. If you are experiencing pain, please stop by our clinic before your pain turns into an injury. We wish you the best in 2018!

1. [livestrong.com Why Is it Important to Stretch Before You Work Out?](http://livestrong.com/article/113632-important-stretch-before-work-out/#ixzz18lwAstInholiday season!) livestrong.com/article/113632-important-stretch-before-work-out/#ixzz18lwAstInholiday season!



PT&Me Featured Article: [Cold Weather Exercise Tips](#)

Cold temperatures and decreasing daylight hours do not mean that your outdoor running routine has to go into hibernation for the winter.

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



**“Failure I can live with.
Not trying is what I can't handle.”**

— Sanya Richards-Ross

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

Pesto Chicken & Artichokes

This recipe is delicious, easy and takes no time at all to make. If you need to stretch the recipe, serve it on a bed of pasta.



Ingredients:

- 4 chicken breasts
- Pesto
- Olive oil
- 1 small jar of artichokes quartered in brine/ water
- Grape tomatoes – cut in half (optional)
- Salt / pepper / garlic powder / onion powder

Directions:

1. Preheat the oven to 400 ° / 375° if convection
2. If your chicken breasts are thick, cut them in half lengthwise or pound until thin
3. Season the chicken with salt, pepper, garlic powder, and onion powder on both sides to taste
4. Put in the oven for 20 minutes
5. Chop up the artichokes quarters in half and sauté in olive oil until they start to sizzle a little
6. When the chicken is done, cut into strips and place into the pan with the artichokes – heat on low
7. Mix your preferred amount of pesto in the pan with the grape tomatoes, heat all the way through and serve hot.