



TIP OF THE MONTH

Welcoming Good Health in the New Year!

Starting a new year brings a sense of renewal and new beginnings. If one of your 2022 goals is to start exercising, you know that it requires both physical and conscious effort. Finding the time to fit 30 minutes of activity into your busy schedule can be challenging. However, if you break it up into pieces, you can get your workout done in no time!

When you are short on time, consider:

- Doing squats while brushing your teeth
- Parking in the furthest parking space
- Taking the stairs instead of the elevator or escalator
- Taking 10-minute stretch/walking breaks at work
- [Doing strengthening exercises in front of the TV](#)

When planning out a workout session, consider starting with interval training. It is the perfect way to ease your body into a full-on workout without injury. If you plan to train your body by running, biking, or swimming, try to alternate between these high-intensity activities by pairing them with a low-intensity activity (or a lower-impact form). For instance, you can alternate between 3 minutes of walking and 3 minutes of jogging. Interval training can also include body-weight exercises, such as jumping jacks, squats, and lunges.

Here are some tips to remember when interval training:

Set realistic training goals that are within your fitness level. Use a safe warm-up routine before starting your intervals. Start slowly and work towards longer intervals for better results. Reduce your heart rate to 100-110 bpm during the rest interval.

Remember to incorporate [regular stretching and flexibility training](#) into your fitness program. Sudden forceful movements can cause serious injury to muscles and tendons, and stretching releases synovial fluid stored in the joints and blood supply to the soft tissues improving endurance, promoting healing, and preventing future injury.

Bringing change into the new year can be fun and challenging. We are committed to helping you achieve good health. If you have any concerns or questions, don't hesitate to contact us. We wish you and yours the best in 2022!



ADD PHYSICAL THERAPY TO YOUR 2022 HEALTH PLAN



Featured Article: [Add Physical Therapy to your 2022 Healthy Plan](#)

One surprise no one wants is pain and injury. Avoid this by getting scheduling an appointment with your physical therapist to have your musculoskeletal system checked... [more](#)

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



“You are never too old to set another goal or to dream a new dream.”

— C.S. Lewis

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!

