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**THE IMPORTANCE
OF STAYING ACTIVE**

DURING WINTER MONTHS

ALSO INSIDE:

How To Approach A New Year's Resolution • Another 5-Star Review!
Healthy Recipe: Roasted Brussels Sprouts with Pomegranate



THE IMPORTANCE OF STAYING ACTIVE DURING WINTER MONTHS

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Soleil Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold.

Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the *Journal of Sports Sciences*, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.

- **Immune system boost.** According to the *Centers for Disease Control and Prevention*, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

AVOIDING FALLS IN THE WINTER:

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Soleil Physical Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance.

As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.

- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs.

This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.

- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.

CONTACT US TODAY!

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, Soleil Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!



Another 5-Star Review!



"I've been to Soleil for a few different injuries and was a patient of Ron and Dave. I thought I was going to need surgery, but they are the BEST! The initial assessment was incredible. They were able to find all kinds of muscle and tissue anomalies (that previous physical therapists were unable to identify) like magic! They make a plan of care, but continuously reassess and modify it as new findings arise, and as they get to know you and your injury. Also all the women that work at the front desk are wonderful! They are always kind and pleasant. It's been an all-around great experience." — Leanne M.

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How To Approach A New Year's Resolution



- **Consider Your Intentions.** The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.
- **Focus on Process, Not Results.** Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve

them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more. The focus of our resolution should be the process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.

- **Consider Resolution Alternatives.** If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:
- **Make a Vision Board:** A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.
- **Choose a Word of the Year:** Many people have embraced the trend of choosing a word for the year — like breathe, trust, dance, fly — that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions — instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.

HEALTHY RECIPE

ROASTED BRUSSELS SPROUTS WITH POMEGRANATE



- 1 1/4 lbs. Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest

Preheat the oven to 375 degrees F. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

Recipe courtesy of Bobby Flay

RESOLVE TO LIVE PAIN-FREE IN 2022!

New Year — New You!

Call us today and get back to doing the things you love.

**(617) 376-3232 (Soleil PT) or
(617) 541-0772 (Quantum)**



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