

REHAB NEWS

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REVAMP YOUR DAILY ROUTINE

It's the New Year and the resolutions are here! As to no surprise, the most common resolution amongst Americans is losing weight and/or getting fit. It can be difficult to stay on track with your goal/s and unfortunately, there is no "quick fix". Reaching goals such as losing weight and/or getting fit must become a lifestyle. Outside the key factors of diet and exercise for this particular resolution, making small changes in your everyday routine could help you achieve your goal/s a little faster!

At Home

- Regularly clean your home (vacuum, dust, mop, scrub, etc.)
- Take a stroll in the evening and/or while you're chatting on the phone.
- Stand on one foot while brushing your teeth and get up and move during commercial breaks.

On the Go

- Park further away from your destination. Keeping more distance between your car and your destination burns more calories and decrease the amount of dings in your car!
- If stairs are an option, take those instead of the elevator or escalator.
- Work your core while waiting in line – flex core muscles for 10-15 seconds, relax, repeat.

Healthier Eats

- Choose foods to keep you fuller longer. Examples: Oatmeal, Apples, Carrots, Almonds, Broccoli.
- Clean out your cabinets and keep junk food off of your shelves at home.
- Going out for a meal? Skip the side of french fries. Order steamed veggies or a salad instead.
- Pack a (healthy) snack. Having a *healthy* snack on hand can help curb your hunger to avoid the drive-thru on your way or grabbing that candy bar at the checkout.

A bonus tip: keep a daily journal of what you eat. This will keep you accountable and maybe even help recognize patterns in your eating, such as a daily 2 o'clock hunger binge that could be avoided by shifting meals/snacks, or eating a more filling lunch.

Making sure you set the correct goal/s for yourself is important. You become more prone to injury by doing too much too soon. You can speak with your doctor if you are unsure where to begin and/or about physical and occupational therapy if you feel pain while exercising. Therapy can improve an individual's range of motion and muscle strength. This, in turn, will reduce pain and inflammation to improve movement. Physical activity will promote weight loss and help reduce stress on your joints. Last but not least, providing your body with proper nutrition can boost energy levels for an overall improvement of health.