



**JANUARY 2023**

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Vieja

### **CLIENT SUCCESS SPOTLIGHT**

Read Why Our Clients  
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app, and post your success story  
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# **N E W S L E T T E R**



**Physical Therapy Can Help You**

*Stay Active  
This Winter*

## PHYSICAL THERAPY CAN HELP YOU *Stay Active This Winter*



Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Therapy Solutions, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. 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 Therapy Solutions, 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 undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- ▶ Improved sleep
- ▶ Reducing anxiety
- ▶ Strengthening bones
- ▶ Strengthening your muscles
- ▶ Lowering blood pressure
- ▶ Lowering your risk of type 2 diabetes and many kinds of cancer
- ▶ Maintaining or losing weight
- ▶ Reducing the risk of dementia and Alzheimer's
- ▶ Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

### WHAT TO EXPECT FROM PHYSICAL THERAPY SESSIONS

At Therapy Solutions, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious 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.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

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. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

### CONTACT US TODAY!

Whether you're looking for ways to recover from an injury and get moving in the winter, Therapy Solutions can help.

Contact us today to find out how we can help make your winter season as enjoyable as possible!

#### Sources:

<https://pubmed.ncbi.nlm.nih.gov/31193280/>

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=56](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56)

<https://pubmed.ncbi.nlm.nih.gov/30719382/>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

**For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).**

## HOLIDAY RECIPE: SLOW-COOKED ROPA VIEJA

- ▶ 1 beef flank steak (2 pounds)
- ▶ 1/2 tsp salt
- ▶ 1/2 tsp pepper
- ▶ 2 cups beef broth
- ▶ 1/2 cup dry vermouth
- ▶ 1/2 cup dry red wine/ additional beef broth
- ▶ 1 can (6 oz) tomato paste
- ▶ 1 large onion, thinly sliced
- ▶ 1 large carrot, sliced
- ▶ 1 small sweet red pepper, thinly sliced



- ▶ 1 Cubanelle or mild banana pepper, thinly sliced
- ▶ 3 sprigs fresh oregano
- ▶ Hot cooked rice

**Directions:** Cut steak into 6 pieces; sprinkle with salt and pepper. Heat a large skillet over medium-high heat; brown meat in batches. Transfer meat to a 5- or 6-qt. slow cooker. Add broth, vermouth, wine and tomato paste to pan. Cook 2-3 minutes, stirring to loosen browned bits from pan. Pour over meat. Top with onion, carrot, red pepper, Cubanelle pepper and oregano. Cook, covered, on low until meat is tender, 8-10 hours. Remove oregano sprigs; discard. Remove meat; shred with 2 forks. Return to slow cooker; heat through. Serve with rice and, if desired, additional oregano, lime wedges and green olives.

# GOOGLE REVIEW CONTEST



Leave us a Google review in January or February and your name will be entered into a drawing for this Weber Traveler grill! The drawing will take place on March 1, 2023.

Use the QR code below to leave your review today and be entered for a chance to win!



# UGLY SWEATER PARTY



## Don We Now Our Ugly Sweaters!

The Therapy Solutions staff got in the holiday spirit by having an Ugly Sweater Contest!

Who would YOU pick as the winner? Cheers to all of the participants!

## WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## CLIENT SUCCESS STORY

"Therapy solutions is a wonderful place to help better your mental health. The staff are always friendly and helpful.

The therapist I saw (Brenda) was extremely helpful in getting me the tools I needed and always encouraged and helped me in the right direction.

I highly recommend anyone looking at these reviews to go here!" — Casey S.