

We Are Staying Safe!

We are open and ready to serve you! We are following CDC safety guidelines and keeping your health in mind.

Don't miss the care you need — call us today!



ON THE FIELD, ON THE MOUNTAIN, AND IN LIFE...

IT'S ALL ABOUT BALANCE!

INSIDE

5 Health Tips For The New Year • Staying Fit For The Season!
Exercise Essentials • Patient Success Spotlight • Coupon Corner





ON THE FIELD, ON THE MOUNTAIN, AND IN LIFE...

TIPS TO PREVENT HOLIDAY STRESS

1. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

2. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try donating to a charity in someone's name or get creative and give homemade gifts.

3. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

4. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

5 HEALTH TIPS FOR THE NEW YEAR



1. Shop Well For Yourself. It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise. Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate. Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



Are you suffering from tendinitis or other sports injury? Call your physical therapist at **Balanced Body Physical Therapy** today at **801.293.8888** or visit our website at **balancedbodypt.com!**

HEALTHY RECIPE

NO-BAKE CHOCOLATE PEPPERMINT BALLS



INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

DIRECTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

EXERCISE ESSENTIALS



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise your leg off the ground.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

STAYING FIT FOR THE SEASON!



1. Keep moving. In addition to staying active, try to avoid sitting for prolonged periods of time. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.

2. Be creative and get rid of 'all or nothing' mindsets. The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active. During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions. Think outside the box when it comes to ways to have quality time with family and friends while also prioritizing your health.

3. Plan – and remember there is always time and opportunity for a workout. Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to manage activity into your daily schedule with patience and time.

PATIENT SUCCESS SPOTLIGHT



"I am up and walking fine!"

"When I first came to this therapy clinic I was in so much pain and could not walk. But as time went by, they had me doing many things and now I am up and walking fine! I am very happy with all of the physical therapy. The staff is always so nice and helpful. This facility is very clean and they are always making sure that we are comfortable and taken care of. Thank you so much!" – Ophelia L.



Ready to start your success story? Call your physical therapist at **Balanced Body Physical Therapy** today at **801.293.8888** or visit our website at **balancedbodypt.com!**

COUPON CORNER

FREE 15 Minute Consultation



(801) 293-8888

CALL TO SCHEDULE TODAY!

4465 South 900 East, Suite 250
Salt Lake City, Utah 84124

Offer valid for the first 20 people to schedule. Expires 12-31-20.




Merry Christmas

from

Dallen Lovell & Staff of Balanced Body Physical Therapy & Sports Medicine

*Sending you our warmest regards and fervent wishes
for a happy, healthy and safe holiday!*



#seasonsgreetings

balancedbodypt.com



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www.balancedbodypt.com


'Tis the Season

WRAP IT UP: TIPS FROM A PHYSICAL THERAPIST

Now that the shopping is done, it's time to wrap it all up. Did you know that wrapping gifts actually carries a risk of back and other injuries with all the twisting, bending, lifting, and even crawling around on the floor? We don't want that to happen to you, so we're sharing some tips to help you reduce your risk of injury and complete your holiday wrapping in a safe and enjoyable manner.



Set up a dedicated 'wrapping station.' A kitchen island or other high counter where you can stand without bending is ideal. Wear comfortable, supportive shoes.



Gather all your supplies in one place. A tray or even a baking dish can be used to corral your tape, ribbons, tags, pens and scissors and keep these items readily accessible so you don't have to hunt for them.


A tall clothes hamper could be used to hold your rolls of paper. Place it conveniently next to you at your station.

A pop-up tape dispenser that fits on your hand is a great idea because you don't need to contort yourself to hold paper in place while you tape it.

Stretch before and during your wrapping session to loosen muscles and reduce stress.

Very Important: Crank up the Christmas music for a festive ambience and have some cookies and eggnog nearby to sustain you while wrapping.

Don't forget the hot chocolate!



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