



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



**DON'T WAIT TILL  
THE NEW YEAR TO  
GET STARTED ON  
YOUR GOALS**

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## START ON YOUR RESOLUTIONS TODAY!

### **Do you use the new year as an annual health seminar with yourself? Why wait till after the holidays!**

Start now with these 2 simple wellness tips. Hopefully, these will make picking an easily-attainable goal less daunting and enjoyable. Cheers to a healthy and happy new year.

- 1. Start the morning with a hydrating warm drink.** This could be warm water and lemon or a cup of herbal tea. Not only will you start hydrating early but this will also make cold winter mornings nice and cozy.
- 2. Be active daily.** Aim for 30 minutes of activity daily the gradually increase to 2 to 3 hours of activity daily. Break it up throughout the day: 10 minutes before work, 10 minutes afterwards and 10 minutes home with the kids.

If a long-term resolution seems daunting, aim for new measurable goals monthly. Think short-term and create a new goal every month. For instance, come up with an idea like drink homemade juices or smoothies five days a week or don't eat packaged snacks for a month.

It doesn't seem like such a life overhaul if you add or eliminate a certain food for just 30 days. Plus, if you get in the rhythm of it, you might continue. Or if not, you know you will start a new goal the next month.

**Good luck.** Happy holidays and always remember to check with your doctor or physical therapist when making changes to your lifestyle. Don't hesitate to give us a call if you need help determining what routine will help you reach your goals.



# WORRIED THE HOLIDAYS WILL STUNT YOUR PROGRESS? STAY ON TRACK WITH THESE TIPS.

'Tis the season to be jolly... but for many who have struggled with weight loss the holidays can put a damper on the most wonderful time of the year. Surrounded by traditional favorites, baked breads, rich desserts and decadent cocktails, one can almost visualize the numbers on the scale heading in the wrong direction. Fear not and RSVP yes to your festive engagements by arming yourself with these helpful tips:

• **Eat before you go.** As silly, as this may sound, the best way to arrive at your function and be able to pass on high calorie and high fat hors d'oeuvres is to not be plagued with hunger pangs. In addition, you will be able to make healthier food choices placing more emphasis on salads, protein and vegetables.

• **Avoid high sugar spirits like daiquiris, coladas and margaritas.** With just two of these types of cocktails, you could consume half of your days' worth of calories. Instead, choose light beer, red wines like pinot noir or chianti, white wines like pinot grigio or sauvignon blanc or mixed vodka club drinks with a splash of juice. Since alcohol dehydrates the body which can lead to extra snacking, be sure to drink plenty of water in between.

• **You can't have your fruitcake and eat it too.** Holiday desserts can be rich in sugar, fat and calories which can really pack on the pounds especially if coupled with a high carbohydrate dinner. Try chewing on gum or sipping on a flavored herb tea to help squelch the desire to sample a

little bit of everything. But if you must indulge, choose a reasonable portion of one of your favorites or two half portion sized desserts.

• **Calories in, calories out.** If you are going to indulge you must exercise. Exercising an hour a day, or 30 minutes at high intensity, 5 times a week will help keep your clothes fitting nicely.

• **80/20 rule.** Stick with a low carbohydrate diet throughout the season with plenty of protein, vegetables and healthy fats. No need to add any extra rice, pasta, cereal or bread to breakfast and lunch meals. This will allow you to partake in some decadent foods a few times a week without adding the average 5-7 pounds of holiday weight gain.

## NEW YEAR MEANS A NEW YOU!



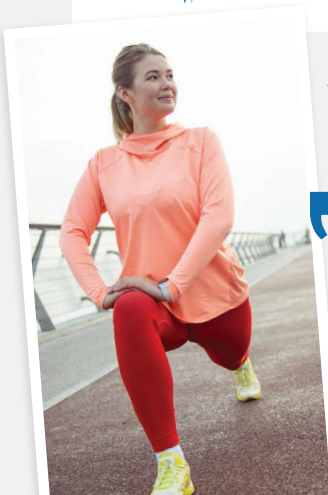
FirstColonyAquatic  
and Rehabilitation Center



### Let Us Help You Reach Your Health & Fitness Goals This Year!

Our professionals will help you regain lost motion, strength, balance and coordination. This loss could be from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results. We can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain; increase your range of motion; and get you moving again. We will get you back to living the life you deserve.



## SUCCESS STORIES

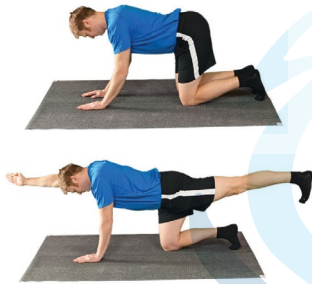
What Our Patients Have to Say

“ It has been life changing for me!”

*“I thought that I would always have pain in my knees. After coming to First Colony Aquatic and Rehabilitation Center, I am now able to do normal activities pain-free. I am walking without pain. It has been life changing for me!” - Wilma C.*

# WORKOUTS TO DO FROM HOME

Some exercises to help strengthen your core and improve your overall health.



## BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.

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



## PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



FirstColonyAquatic  
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## SPORTS THERAPY CENTER UPDATE

Thank you to everyone who came out to our Grand Re-Opening last month! A huge thank you goes out to the Fort Bend Chamber of Commerce and all of our wonderful patients who showed their support!

We now officially have three clinics servicing Fort Bend County helping patients to "Reclaim Their Lives". A special thanks to all of our patients— your loyalty and support has made this possible.



## HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

The cost of physical therapy could be minimal or completely covered by your insurance plan.

*Now's the time to come in for PT!  
Call us to schedule your appointment today  
and get a head start on 2022.*

Follow Us on Social Media!

