



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



WHAT ARE YOUR 2022 GOALS?

INSIDE:

Staff
Spotlight

Exercise
Essentials

Healthy
Recipe



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



THE MOST POPULAR NEW YEAR'S RESOLUTIONS

The most common New Year's resolution has to do with getting in shape, according to a YouGov survey. If you're trying to hit the gym to improve your health or tone your physique, you can avoid slacking off by enlisting a friend to exercise with you. Need additional motivation? Fitness technology can help you stay on track. Trackers can monitor so many aspects of your health, from sleep to steps. All of the information can help you be more aware and get closer to your fitness goals.

LOSE WEIGHT. Spend any amount of time on Instagram and you won't be able to avoid the avalanche of products and schemes promising quick weight loss. And while the thought of shrinking a dress size or five by Christmas morning is a gift in itself, there really aren't any shortcuts when it comes to dropping pounds. While we've long heard the message that the key to weight loss lies in diet and exercise, the latest research suggests that, while exercise is important for overall health and keeping weight off, it isn't actually that useful for weight loss. The bottom line: If you want to lose weight, focus on cutting calories.

SPEND LESS, SAVE MORE. If your bank account is looking a little low after the holiday gifts have all been purchased, you may be one of the many people who resolve to get their financial house in order in 2022. Buy and sell clothes at consignment stores, consider refurbished electronics, and buy produce when it's on sale.

SPEND MORE TIME WITH FAMILY AND FRIENDS. Spending time with loved ones is great for your health and well-being, so it's not surprising that many people resolve to put more effort into nurturing their connections with family and friends. Set aside time each week to either call or meet up with a friend or family member. Take turns hosting dinner, or just get together for a walk. Friends far away? Set up a weekly Skype chat instead.

GET ORGANIZED. Getting organized is a noble goal. But in order to make this resolution stick, you're going to need some concrete strategies. Avoid impulse purchases so you don't end up with more clutter, setting aside 10 minutes each day to file and delete old emails, and setting up files to keep track of paperwork, such as medical bills, taxes and home maintenance documents.

The different kinds of New Year's Resolutions out there are endless. Your resolution for 2022 could be health related, such as "I'm going to make my body and wellness my top priority" or financially related, such as "I'm going to save more money."

If you have both of these resolutions, there's a great way to bridge the gap between them both through physical therapy. There are several ways to pay for physical therapy, including CareCredit from Synchrony.

Sources: <https://www.rd.com/health/diet-weight-loss/popular-new-years-resolutions/>

STAY ON TOP OF YOUR FINANCIAL RESOLUTIONS

If you cannot open a personal HSA or participate in an employer-based HSA, check out CreditCare.

For over 30 years, CareCredit has been providing a valuable financing option for treatments and procedures that typically are not covered by insurance, or for times when insurance doesn't cover the full amount. CareCredit is also used by cardholders to pay for deductibles and co-payments. We also recently acquired Pets Best to expand how CareCredit helps pets, over the course of their lifetime. It's a new way we're helping people who love their pets.

We think people like having financial options, because that gives them the freedom to make decisions about treatment options. So they can do what's best for their situation and their family. That's why CareCredit is here.

CareCredit, from Synchrony, is one of the largest and most popular health, wellness and beauty credit cards in the nation, serving millions of families each year.

CARECREDIT

- Can be used to pay for medical expenses not covered by insurance
- There is no annual fee

HOW IS CARECREDIT DIFFERENT?

CareCredit helps you pay for out-of-pocket healthcare expenses for you, your family, and even your pets! Once you are approved, you can use it again and again* to help manage health, wellness and beauty costs not covered by insurance.

There are special financing options available:

- Choose between short-term financing options of 6, 12, 18, or 24 months
- No interest charged on purchases of \$200 or more when you make minimum monthly payments and full amount is paid at the end of a promo period

Long term financing options are also available:

- Purchases of \$1000 or more may be eligible for 24, 36, or 48 months with offers of 14.90%, 15.90%, or 16.90% Apr, respectively
- Purchases of \$2,500 or more may be eligible for a 60 months offer with a 17.90% Apr.

More information can be found at: www.carecredit.com



HEALTHY RECIPE

Valentine's Day Smoothie

INGREDIENTS:

- 1 tbsp white chocolate chips
- 1/2 c nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish

INSTRUCTIONS: In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!



CALL TODAY!

SUGAR LAND
281.226.9802

ROSENBERG
281.559.7429

SUCCESS STORIES

What Our Patients Have to Say

“He started out in aquatic therapy and now he is able to walk again!”

“They determined the root cause of the pain of my husband's pain. They found the correct course for him to get better. After he had surgery, they were able to give him the right course of action to get him back to doing normal activities again. He was told that he would not be able to walk again. He started out in aquatic therapy and now he is able to walk again! It is just phenomenal!!!” - Teri R.



First Colony Aquatic
and Rehabilitation Center

EXERCISE ESSENTIALS

We've previously informed you how to strengthen your hips, and now take a look at how to make sure you have good hip mobility.

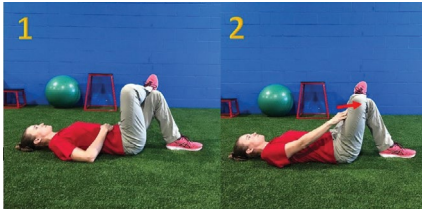


FIGURE FOUR STRETCH

While lying on your back, with your knees bent, cross one leg over the other with your ankle on your knee. Hold for 20 seconds while gently pushing your knee down and repeat 3 times on each leg.



PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Hold for 20 seconds and repeat 3 times on each leg.

If you have any questions about how to perform these exercises don't hesitate to give us a call!

STAFF SPOTLIGHT

BREYANA GARCIA, Office Administration

Breyana was born & raised in Texas. She's been a Houston native for 18 years. She's been with First Colony Aquatic & Rehab for 4 years. Her favorite part about coming to work is seeing her favorite patients & coworkers who she's formed an amazing bond with! In her free time, Breyana loves spending time with her 2 beautiful daughters, Penny & Ellie, and her dogs & cats. She also enjoys doing makeup for special events & is hoping to start a career in real estate in the near future.



First Colony Aquatic
and Rehabilitation Center

Learn more about our staff at
SugarLandPT.com

DIRECT ACCESS WHAT DOES IT MEAN?

Physical Therapy is Easier
to Get Than You Think!

- A physician referral no longer needed for 10 business days, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Therapy may begin with a full evaluation by a licensed physical therapist.
- When a physician refers you to therapy, you ALWAYS have the right to CHOOSE where to be seen.

*Don't let your pain hold you back.
Call us today or visit our website
at SugarLandPT.com.*