



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



New Year's Resolutions Are Ineffective. Do This Instead!

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NEW YEAR'S RESOLUTIONS ARE INEFFECTIVE. DO THIS INSTEAD!

Are you hoping to make 2023 the year you finally get in the best shape of your life and are looking for guidance to ensure you are on the right path? Our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center will help resolve any old or new injury, guide you through a safe return to exercise, and help you set a clear vision for 2023!

As the new year approaches, it is common for people to take stock of their health and fitness. Too often, the latest trend influences our motivation, and we try to find a quick fix rather than use proven strategies to get lasting results. In other cases, it is challenging to know what is normal soreness from starting a routine and what needs attention from a medical practitioner.

Fortunately, our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center understand the safest and most effective ways to help you get back into an active lifestyle while avoiding injuries getting in the way!

Request an appointment today, so we can help you achieve your goals using methods that work!

WHAT ARE SOME COMMON OBSTACLES TO SUCCESSFUL RESOLUTIONS?

Research into New Year's resolutions shows that most people quit

after one month, and around 10% of people stick with their resolutions for the whole year and achieve their goals.

Some of the most common reasons why resolutions fail include the following:

- Setting unrealistic or vague goals
- Lack of accountability to self or with another person
- No tracking, measurement, or regular review of progress
- Inappropriate expectations or lack of planning
- Trying to remove bad habits instead of adding good practices (i.e., the "why" is not clear)
- Self-doubt and/or harsh self-talk

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapy team will work with you to set attainable goals, and we'll give you the guidance and accountability you need to be successful. Contact our clinic today and let us help you live the life you deserve!

COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](https://www.sugarlandpt.com)



ACCOMPLISH ALL YOUR GOALS!

HOW TO SET EFFECTIVE GOALS ACCORDING TO WHAT IS PROVEN TO WORK

A goal is “what an individual is trying to accomplish.” Typically, this means achieving the desired result using a specific and clearly defined measurement within a particular time frame. Although there are different ways to set goals, to be successful, goals need to be focused on adding positive behaviors, and it also needs to have the following characteristics:

Ability: People can only reach goals if they know how to do so or have the physical capacity to achieve them. Set realistic, attainable goals for your current physical situation that you can accomplish.

Task complexity: It is critical to accomplish your goals to have the knowledge and skills to perform the task. Setting goals beyond your capability will fizzle in a few weeks.

Commitment: Goal commitment occurs when the person sees the goal as necessary and is already committed to achieving the specific plan.

Feedback: Individuals must receive feedback on their performance concerning the goal they are striving to attain. Having someone to be accountable to and that can guide you through the tough times can make all the difference to your success!

Situational resources: To accomplish a specific goal, the individual must have the required resources (e.g., access to indoor equipment during winter).

If the plan is unrealistic for the individual's current level of physical conditioning or involves too many challenging goals, their ability to reach their goals will be limited. Fortunately, our team at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center is here to help you from start to finish!

REQUEST AN APPOINTMENT AT FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER TODAY!

Our physical therapists will start with an injury evaluation and a movement screening to identify all necessary factors to reach your goals. In addition, we will discuss your overall health status and specific activity goals you have to ensure you are setting yourself up for success.

Together we will develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique to ensure you are starting with your best foot forward. Next, we will focus on progressing your strength and dynamic movements designed to restore function, improve your health, and prevent injuries.

The growing body of research has shown people who create resolutions that add behaviors rather than erase them are more likely to maintain them for a year. Changing your goals from “quit or avoid” to “will start to” leads to more success. Although it will not transform your life overnight, research has shown that habitually adding positive commitments to your goals can result in significant lifestyle improvements and lasting outcomes.

Sticking to your New Year's resolutions are more likely when you get the guidance, feedback, support, and motivation from our First Colony Aquatic and Rehabilitation Center & Sports Therapy Center physical therapists. Call today to schedule an appointment with one of our specialists.

Sources:

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<https://www.mdpi.com/1660-4601/18/6/3084>

<https://discoverhappyhabits.com/new-years-resolution-statistics/#resolutions-success-failure>

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.980.2997**



FirstColonyAquatic
and Rehabilitation Center

4 HEALTHY EATING RESOLUTIONS

What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 4 ways you can eat healthier.

1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks— like potato chips.



SEASONAL RECIPE

NO-BAKE CHOCOLATE PEPPERMINT BALLS



INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or 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)

INSTRUCTIONS:

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 batter to chill in the fridge while you clean up, then roll into balls.

Exercises To Do Indoors

1. Yoga

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups.

Not only does yoga improve your flexibility and muscle tone, it has been shown to help with your mental health!

2. Push-ups

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

3. Planks

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

4. Squats

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.

