



FYZICAL[®]
Therapy & Balance Centers

HEALTH & WELLNESS

NEWSLETTER



**DON'T LET THE COLD KEEP
YOU INACTIVE THIS WINTER SEASON**

Avoid Falls This Winter

Sweet Holiday Treat

How You Can
Give Back



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DON'T LET THE COLD KEEP YOU INACTIVE THIS WINTER SEASON

Do you enjoy leaving your home state during the cold winter months and migrating to a warmer area? If so, you're not alone! We would like to extend a warm welcome - no pun intended! - to all of our snowbird patients this season!

There are tons of benefits to moving to a warmer place, such as Florida, during the colder months. Warmer temperatures provide people with chronic conditions, such as arthritis, with less joint pain and discomfort to worry about. The wintertime in warmer climates also presents several fun activities that can double as workouts!

At FYZICAL Bradenton, Ellenton, South Sarasota, and Venice, we can design specialized treatment plans for patients searching for a little extra push in staying active, especially our patients who come to us from out of state in an attempt to avoid the cold weather in the winter months.

Call our clinic today to schedule an appointment and begin making the most of the warm temperatures here!

Benefits of Avoiding Cold Weather

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. Some of

our patients try their best to avoid the cold weather of their environment by moving down to our area during winter, but oftentimes we find that they don't exercise as much as they should regardless of how nice it feels outside.

Exercise helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around.

If you're a snowbird migrating away from your cold hometown or state, you might already know the benefits that sunlight and a good boost to the immune system can offer you!

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise. Many of our patients come to this area in the winter to avoid the cold weather

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YOU CAN AVOID FALLS THIS WINTER WHILE EXERCISING OUTSIDE

where they're from, and report that additional sunlight really helps their overall mood and health!

- Immune system boost. According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

How can FYZICAL help me stay active this winter?

Coming to visit Florida this winter? You might be wondering about the best ways to stay active and healthy. At FYZICAL Bradenton, Ellenton, South Sarasota, and Venice, we offer a variety of services to help our aging patients stay feeling their best no matter what time of year it is.

Your initial physical evaluation may consist of several parts to better determine what your most problematic factors are if you have any. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs.

These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. Some common forms of treatment include:

- Pain management. If you are feeling pain anywhere, it will be one of the first things addressed in your treatment plan. Your physical therapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.
- Walking and moving programs. This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving.



Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.

- Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Your physical therapist will design a balanced training plan for you as part of your treatment and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally stimulating task (such as reciting the alphabet or reading a page from a book.)
- Strength training. Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.

Contact us today!

If you're trying to keep warm and healthy this season, and you find yourself needing guidance on staying active, we have your back! If you're searching for ways to stay active after leaving the cold, we can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

IT'S BEEN A TOUGH YEAR. YOU DESERVE THIS SWEET TREAT!



Ingredients

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy



Instructions

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

HOW YOU CAN GIVE BACK

This holiday season, we are encouraging our patients and employees to “adopt” or sponsor a disadvantaged child or family throughout the holidays. If you and your family would like to participate, reach out to your community church, social services, Salvation Army, or volunteermatch.org to be matched with your “adopted” family or child locally or virtually. After you learn more about your recipients, brainstorm gift ideas with the entire family (the organization may also provide you with a list of recommended items). Once you and your family have picked out the gifts, wrap them and attach the recipient’s name, and drop them off or mail them to the designated location. Make someone’s holiday season special this year and give back to your community!

**15 MINUTE
CONSULT
CALL TO
SCHEDULE
TODAY!**

BRADENTON-CENTRAL CLINIC: (941) 749-1734

ELLENTON CLINIC: (941) 721-1854

SOUTH SARASOTA CLINIC: (941) 894-6848

VENICE CLINIC: (941) 408-0670

Limited to the first 25 callers.
Expires 12-31-21