

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action."



DO YOU PRIORITIZE ACTIVITY DURING THE WINTER?

PHYSICAL THERAPY COULD HELP

INSIDE:

- Avoiding Falls In The Winter
- Healthy Recipe
- We Make It Easy To Leave A Review!
- Patient Success Spotlight

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DISCOVER THE IMPORTANCE OF STAYING ACTIVE DURING THE WINTER MONTHS



Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season! The winter presents several fun activities that can double as workouts! Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At FYZICAL, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What are the benefits of exercising during the winter? It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low

intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment. Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around. Additional benefits to winter exercising include:

- **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.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **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.

AVOIDING FALLS IN THE WINTER

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At FYZICAL, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall! There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise



and will be a good way for you to feel out the terrain beforehand to see if it's too icy.

- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained therapists can help you figure out if an additional assist would benefit you.

Contact us today! Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain, FYZICAL can help. **Contact us today to find out how we can help make your winter season as enjoyable as possible!**

Mall Drive: 575-522-0766 | Locust Street: 575-521-4188 | Northwest El Paso: 915-875-1559

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FYZICAL[®]
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HEALTHY RECIPE: SLOW-COOKED ROPA VIEJA

INGREDIENTS

- 1 beef flank steak (2 pounds)
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups beef broth
- 1/2 cup dry vermouth
- 1/2 cup dry red wine/additional beef broth
- 1 can (6 oz) tomato paste
- 1 large onion, thinly sliced
- 1 large carrot, sliced
- 1 small sweet red pepper, thinly sliced



- 1 Cubanelle or mild banana pepper, thinly sliced
- 3 sprigs fresh oregano
- Hot cooked rice

DIRECTIONS

Cut steak into 6 pieces; sprinkle with salt and pepper. Heat a large skillet over medium-high heat; brown meat in batches. Transfer meat to a 5- or 6-qt. slow cooker. Add broth, vermouth, wine and tomato paste to pan. Cook 2-3 minutes, stirring to loosen browned bits from pan. Pour over meat. Top with onion, carrot, red pepper, Cubanelle pepper and oregano. Cook, covered, on low until meat is tender, 8-10 hours. Remove oregano sprigs; discard. Remove meat; shred with 2 forks. Return to slow cooker, heat through. Serve with rice and, if desired, additional oregano, lime wedges and green olives.

<https://www.tasteofhome.com/collection/healthy-winter-dinners/>

PATIENT SUCCESS SPOTLIGHT



They truly care for people and make your experience exceptional!

"Dr. Kennen Bitton and his entire staff are simply AMAZING. They truly care for people and make your experience exceptional. Dr. Bitton was patient, kind, and gave me tools to relieve my pain. I would recommend this place to anyone and everyone." - S.A.



**WE MAKE IT
EASY TO LEAVE
A REVIEW!**

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Google Review page)
3. Explore our website!



MALL DRIVE

LOCUST STREET

NORTHWEST EL PASO



FYZICAL BODY Q PROGRAM

TAKE CONTROL
OF YOUR HEALTH



Your Health | Your Score

by FYZICAL
Therapy & Balance Centers

Major advances have occurred recently with a testing program that gives doctors and therapists information to keep patients healthy and functioning independently to the best of their abilities throughout their lives. This testing program is called BODYQ®.

Body Q® is a testing program that tracks cholesterol, blood sugar, and blood pressure levels while also giving doctors and therapists information to keep patients healthy and functioning independently to the best of their abilities throughout their lives.

As genetic testing offers you power of information about your inherent risk for disease, BODYQ® offers you power of information about your risk for injury, dysfunction and falls.

The power of knowing where you stand in terms of your total-body strength, balance, movement and posture will help you detect and prevent injury, illness, and even death.

