



**PHYSICAL THERAPY CAN HELP YOU  
STAY ACTIVE THIS WINTER**

[www.elliottphysicaltherapy.com](http://www.elliottphysicaltherapy.com)

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## PHYSICAL THERAPY CAN HELP YOU STAY ACTIVE THIS WINTER

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Elliott PT, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. 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 Elliott PT, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter.

### What Are the Benefits of Exercising During the Winter?

It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic

activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure

# INTRODUCING OUR NEW APP

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is customized to meet your specific rehabilitation needs. You can now access us via an app on your computer, tablet, and/or smartphone. We go where you go! Talk to your PT about getting set up on the brand-new Elliott PT app for an even better Home Exercise Program experience

## What Will Be On the App?

**HD Exercise Videos** — Never forget how to do your home exercise.

**Instant Messaging** — Stay in touch with your provider in between visits with our secure messaging system.

**Much More** — Track your progress, request appointments, and much more! Download our app today.

## How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!

**Connect with your PT today about getting set up on our new app!**



Scan the QR code to download!

- Lowering your risk of type 2 diabetes and many kinds of cancer
- Maintaining or losing weight
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

## What to Expect from Physical Therapy Sessions

At Elliott PT, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious 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.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes



targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

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:

Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

## Contact Us today!

Whether you're looking for ways to recover from an injury and get moving in the winter, Elliott PT can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

Sources:  
<https://pubmed.ncbi.nlm.nih.gov/31193280/>; [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=56](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56)  
<https://pubmed.ncbi.nlm.nih.gov/30719382/>; <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

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Scan the QR Code to connect and stay in the loop with our news & events.

# EXERCISE ESSENTIALS

## SINGLE LEG BALANCE TAPS

*Improves Your Balance*

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.



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

## FROM OUR KITCHEN TO YOURS

Staying healthy over the holidays doesn't need to involve crash diets or lists of restrictions! It's simply about listening to your body, recognizing true hunger and eating only until you are full. Staying hydrated, choosing high fiber foods and portion control are important, but by practicing mindful eating, you can enjoy holiday favorites without the food coma. Check out our recipe below for a healthier version of mac and cheese to enjoy with your holiday dinners!

## CREAMY, LIGHT MACARONI AND CHEESE

- 3 cups cubed peeled butternut squash (about 1 [1-pound] squash)
- 1 1/4 cups fat-free, low-sodium chicken broth
- 1 1/2 cups fat-free milk
- 2 garlic cloves, peeled
- 2 tablespoons plain fat-free Greek yogurt
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/4 cups [5 oz.] shredded Gruyère cheese
- 1 cup [4 oz.] grated pecorino Romano cheese
- 1/4 cup [1 oz.] finely grated fresh Parmigiano-Reggiano cheese, divided
- 1 pound uncooked cavatappi
- Cooking spray
- 1 teaspoon olive oil
- 1/2 cup panko [Japanese breadcrumbs]
- 2 tablespoons chopped fresh parsley

**Step 1:** Preheat oven to 375°.

**Step 2:** Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.

**Step 3:** Place the hot squash mixture in a blender. Add salt, pepper, and Greek yogurt. Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Place blended squash mixture in a bowl; stir in Gruyère, pecorino Romano, and 2 tablespoons Parmigiano-Reggiano. Stir until combined.

**Step 4:** Cook pasta according to package directions, omitting salt and fat; drain well. Add pasta to squash mixture, and stir until combined. Spread mixture evenly into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.

**Step 5:** Heat oil in a medium skillet over medium heat. Add panko, and cook for 2 minutes or until golden brown. Remove from heat; stir in remaining 2 tablespoons Parmigiano-Reggiano cheese. Sprinkle evenly over the hot pasta mixture. Lightly coat topping with cooking spray.

**Step 6:** Bake at 375° for 25 minutes or until bubbly. Sprinkle with parsley, and serve immediately.



Calories 390 Fat 10.9g Saturated Fat 6.1g Monofat 2.1g Polyfat 0.4g Protein 19.1g Carbohydrate 53.9g Fiber 3.2g Cholesterol 31mg Iron 2.4mg Sodium 589mg Calcium 403mg. Source: [www.cookinglight.com/recipes/creamy-light-macaroni-cheese](http://www.cookinglight.com/recipes/creamy-light-macaroni-cheese)

## 3 HEALTH TIPS FOR THE HOLIDAY SEASON

How busy are you this holiday season? At Elliott PT we understand that this time can be both joyful and hectic. In the midst of it all, it can feel easy to let your health slip through the cracks. If you are concerned about maintaining your health during the holidays but are feeling overwhelmed or don't know where to start, check out these 3 tips.

### 1. Make Sure You're Getting Enough Sleep.

With everything that goes on during the holidays, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good.

Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

### 2. Stay Active

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's no shortage of ways to get active!

From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

### 3. Don't Skip Meals

With big holiday lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less-healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

**DON'T DELAY  
COME BACK TO PT TODAY**

**WE CAN HELP YOU:**

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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PHYSICAL THERAPY

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