

The Importance of Staying Active During Winter Months



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The Importance of Staying Active During 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 Choice Therapy, 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 in your orthotic or prosthetic device. 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.



Visit www.ChoiceTherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

Choice Therapy

Physical • Occupational • Speech

BEMIDJI

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New Year, New Goals!

Clinic News!



Bemidji Outpatient Clinic Halloween



Bagley Outpatient Clinic Halloween



Blackduck Outpatient Clinic Halloween



START 2022 OFF STRONG WITH PHYSICAL THERAPY!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Choice Therapy help you on your journey to becoming strong, healthy, and active in 2022.



Choice Therapy

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GONVICK
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Gonvick, MN
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Staff Spotlight: Anniversary

Thank you Stacy for your Service and Excellence with Choice Therapy!



Stacy Molitor
Office Assistant

Congratulation Stacy Molitor for 5 years of Service and Excellence at Choice Therapy!



To learn more about our entire team and how we can help you, please visit us online at: www.choicetherapy1.com/our-team

Patient Testimonial



"TJ has been an amazing therapist with our daughter, McKinley, age 8. She has made dramatic improvements and she LOVES coming to therapy. TJ has made it fun and has a wonderful energy. It has been a great experience and we are so happy to have TJ and Choice Therapy!"

Sara and Jon Labraaten

Your Life • Your Health • Your Choice!

Feel Better By Eating Better!



VEGAN PEANUT BUTTER COOKIES

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.



Tips To Prevent Holiday Stress



Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

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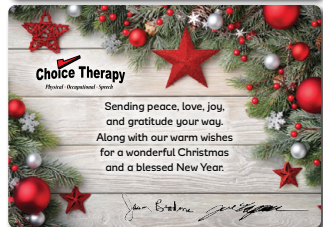
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KELLIHER

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The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals.

You have the right to choose your therapy provider. We want to be YOUR CHOICE. Ask for Choice Therapy.

**Call Today To SCHEDULE
YOUR APPOINTMENT!**



5 Tips For 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 Choice Therapy, 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:

1. 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.
2. Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
3. 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.
4. 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.

5. 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 CPOs 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 in your orthosis or prosthesis, Choice Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

www.choicetherapy1.com



THERAPY CAN AID IN POST-COVID19 RECOVERY

Here at Choice Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia,

asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Choice Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

GETTING ON THE ROAD TO RECOVERY

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.